

<Distance>	<Course Id -->	<Location ----->	<Course Name/Race ----->	<Drop Sep -->	<Expired-->
8 km	AK	1982Jul08	Anchorage	Campbell Creek 8K	0 1984Dec31
10 km	AK	1980Sep01	Anchorage	A&W Root Beer 10K	0
10 km	AK	1981Aug01	Anchorage	Clinkerdagger Daily News	10K 4.6 p/p
10 km	AK	1982Jul20	Anchorage	Clinkerdagger Daily News	10K 4.6 p/p 1984Dec31
10 km	AK	1982Jun19	Anchorage	Fire Department 10K	-3 p/p 1984Dec31
10 km	AK	1980Sep27	Anchorage	Nordstroms Women's Run	-1.5 p/p 1981Apr05
10 km	AK	1981Apr05	Anchorage	Nordstroms Women's Run	-1.5 p/p 1984Dec31
10 km	AK	1982Jun19	Anchorage	Pepsi-Cola 10K	6.1 p/p 1984Dec31
42.2 km	AK	1979May27	Anchorage	Mayor's Midnight Sun Mar	athon p/p 1984Dec31
42.2 km	AK	1978Sep16	Girdwood	Glacier Marathon	0 1984Dec31
5 km	AL	1983Feb13	Demopolis	Distance Classic	0
5 km	AL	1982Apr29	Dothan	Women's Classic	0
5 km	AL	1983Dec04	Huntsville	Engineers Week 5K	0
8 km	AL	1982Jul25	Birmingham	Big Oak Ranch 8K	0 1984Dec31
10 km	AL	1982Jul19	Athens	Fiddler's Run	0 1984Dec31
10 km	AL	1980Aug02	Birmingham	Vulcan Run	0 1984Dec31
10 km	AL	1982Feb04	Decatur	River City Run	0 1984Dec31
10 km	AL	1982Feb21	Dothan	Azalea-Dogwood & Diet Pe	psi 10K 0 1984Dec31
10 km	AL	1983Sep18	Dothan	Autumn Run	0
10 km	AL	1979Aug12	Florence	Tennessee River Run	0.3 p/p 1984Dec31
10 km	AL	1979Dec29	Huntsville	Cotton Row Run	0 1980Apr16
10 km	AL	1980Apr16	Huntsville	Cotton Row Run	0 1981Apr04
10 km	AL	1981Apr04	Huntsville	Cotton Row Run	0 1981Nov22
10 km	AL	1981Nov22	Huntsville	Cotton Row Run	0 1984Dec31
10 km	AL	1983Dec04	Huntsville	Engineers Week 10K	0
10 km	AL	1983Nov07	Huntsville	UAH Spring Road Race	0 1984Dec31
10 km	AL	1979Aug25	Mobile	Azalea Trail Run 10K	0 1984Dec31
10 km	AL	1983Feb19	Moulton	Jesse Owens Memorial 10K	0 1984Dec31
10 km	AL	1983Jan30	Tuscaloosa	Heart-Miller Lite 10K	-2.4 p/p 1984Dec31
10 km	AL	1982Oct03	Tuscaloosa	Struttin Round Town 10K	0 1984Dec31
10 km	AL	1982May15	Tuscaloosa	Summer Breeze 10K	0 1984Dec31
12 km	AL	1983Feb13	Demopolis	Distance Classic	0
15 km	AL	1979Aug10	Ft Rucker	Alabama RRCA 15K	0 1984Dec31
20 km	AL	1982Sep19	Tuscaloosa	Halloween 20K	0 1984Dec31
5 mi	AL	1984Jan01	Dothan	Hog Wild Run	0
5 mi	AL	1980Jun25	Tuscaloosa	Helen Keller Festival 5m	i 0 1984Dec31
50 mi	AL	1982Oct15	Pelham	Birmingham TC 50mi	0 1984Dec31
42.2 km	AL	1978Oct23	Birmingham	Magic City Marathon	0 1979Sep23
42.2 km	AL	1979Sep23	Birmingham	Magic City Marathon	p/p 1984Dec31
42.2 km	AL	1979Jun16	Birmingham	Vulcan Marathon	p/p 1984Dec31
42.2 km	AL	1979May26	Huntsville	Joe Steele Rocket City M	arathon 0
42.2 km	AL	1982Dec07	Huntsville	Joe Steele Rocket City M	arathon 0 1984Dec31
2 mi	AL	1979Oct13	Mobile	Azalea Trail Run 2mi	0 1984Dec31
1 km	AL	1983Feb13	Demopolis	Distance Classic 1K clos	ed loop 0
5 km	AR	1981Apr26	Little Rock	Arkansas TAC 5K	0
5 km	AR	1982Aug22	Little Rock	Big Apple (Arkansas TAC)	5K 0 1984Dec31
5 km	AR	1983Sep24	Little Rock	National TAC Masters 5K	0
5 km	AR	1982Aug09	North Little Rock	TC Bee 5K	-1.8 p/p 1984Dec31
5 km	AR	1983Sep25	Stuttgart	Mosquito Fest & Natural	Lite 5K 0
10 km	AR	1983Jan29	Brinkley	Kiwanis 10K	0 1984Dec31
10 km	AR	1982Sep06	Hot Springs	Arkansas Spa 10K	0.3 p/p 1984Dec31
10 km	AR	1982Oct24	Jonesboro	Winter Challenge 10K	0 1984Dec31
10 km	AR	1980Mar09	Little Rock	Diet Pepsi 10K	-0.9 p/p 1984Dec31
10 km	AR	1983Oct10	Little Rock	The Tough 10K	0
10 km	AR	1981Feb15	Maumelle	Arkansas TAC 10K (1981)	1.6 p/p 1984Dec31
10 km	AR	1980Apr12	Texarkana	Miller Life 10K	0 1984Dec31
15 km	AR	1979Aug29	Fayetteville	Razorback 15K	0 1984Dec31

21.1 km	AR	1981Sep11	North Little Rock	Natural Light Half-Marat	hon	0	1984Dec31
42.2 km	AR	1978Jan06	Booneville	Arkansas Marathon		0	
42.2 km	AR	1982Mar02	Booneville	Arkansas Marathon		0	1984Dec31
42.2 km	AR	1970Jan25	Conway	Ground Hog Day Marathon		0	1976Apr24
42.2 km	AR	1976Apr24	Conway	Ground Hog Day Marathon		0	1984Dec31
42.2 km	AR	1977Nov07	Fayetteville	Hogeye Marathon		0	
7 km	AR	1983Sep30	North Little Rock	Thanksgiving Run 7K		1.3 p/p	
5 km	AZ	1982Mar10	Chandler	Willie Days 5K (Williams	AFB)	0	1984Dec31
5 km	AZ	1981Mar08	Phoenix	Scottsdale Christian Aca	demy 5K	0	1984Dec31
5 km	AZ	1983Sep16	Phoenix	South Plaza Shopping Cen	ter 5K	0 p/p	
8 km	AZ	1982Jul27	Ahwatukee Phoenix	Ahwatukee 8K		0	1984Dec31
8 km	AZ	1982Jul12	Mesa	Fitch Park 8K		0	1984Dec31
8 km	AZ	1982May02	Phoenix	Papago Park 8K		0	1984Dec31
8 km	AZ	1983Jun28	Phoenix	Paradise Valley Park 8K		0	
8 km	AZ	1983Apr26	Phoenix	South Plaza 8K		0	
8 km	AZ	1982Jul25	Scottsdale	El Dorado Park 8K		0	1984Dec31
8 km	AZ	1982Apr17	Sierra Vista	Thunder Mountain Park 8K		0	1984Dec31
10 km	AZ	1980Nov11	Ahwatukee Phoenix	Cudahy Bar-S 10K		0	1984Dec31
10 km	AZ	1983Mar27	Chandler	Willie Days 10K (William	s AFB)	0	
10 km	AZ	1982Apr17	Ft Huachuca	Garden Canyon 10K		25.9 p/p	1984Dec31
10 km	AZ	1981Mar12	Fountain Hills	Fountain Hills 10K		0	
10 km	AZ	1982Feb22	Fountain Hills	Channel 8 Fountain Hills	10K	0	1984Dec31
10 km	AZ	1981Apr01	Mesa	Lutheran Hospital (Healt	h) 10K	0	1984Dec31
10 km	AZ	1983Oct21	Phoenix	Computerland Park Centra	l 10K	0	
10 km	AZ	1983Jan23	Phoenix	Continental Homes 10K		0	
10 km	AZ	1982Sep21	Phoenix	Crystal Lite 10K (Paradi	se Villy Pk)	0	1984Dec31
10 km	AZ	1982Dec19	Phoenix	Fiesta Bowl 10K		0	1984Dec31
10 km	AZ	1980Oct05	Phoenix	Metrocenter Benefit 10K		0	
10 km	AZ	1981Oct06	Phoenix	Metrocenter 10K		0	1984Dec31
10 km	AZ	1976Oct17	Phoenix	North Bank 10K		0	1976Dec31
10 km	AZ	1979Sep01	Phoenix	North Bank 10K		0	
10 km	AZ	1981Nov05	Phoenix	Olympic Bun Run & Biltmo	re 10K	0	1984Dec31
10 km	AZ	1981Oct25	Phoenix	Park Central 10K		0	1984Dec31
10 km	AZ	1982Jun28	Phoenix	Phoenix 10K		0	1984Dec31
10 km	AZ	1980Oct01	Phoenix	Rio Salado 10K (Papago P	ark)	0	1984Dec31
10 km	AZ	1981Mar25	Phoenix	Run for Women 10K		0	1984Dec31
10 km	AZ	1979Dec09	Phoenix	Runner's Den 10K		0	1984Dec31
10 km	AZ	1981Mar08	Phoenix	Scottsdale Christian Aca	demy 10K	0	1984Dec31
10 km	AZ	1983Sep16	Phoenix	South Plaza/16 de Septem	bre 10K	0	
10 km	AZ	1982Feb03	Scottsdale	Fashion Square & Scottsd	ale 10K	0	1984Dec31
10 km	AZ	1981Mar09	Scottsdale	Phoenix Corporate Challe	nge 10K	0	1984Dec31
10 km	AZ	1980Sep09	Scottsdale	Shamrock Dairy Challenge	10K	0	1984Dec31
10 km	AZ	1980Sep14	Sedona	Sedona 10K		0	1984Dec31
10 km	AZ	1982Sep18	Sedona	Sedona 10K		3.7 p/p	
10 km	AZ	1979Jun01	Sierra Vista	Culiver Run		0	1984Dec31
10 km	AZ	1982Apr17	Sierra Vista	Lamplighter 10K		0	1984Dec31
10 km	AZ	1982Apr17	Sierra Vista	Shoe Horn 10K		0	1984Dec31
10 km	AZ	1980Nov26	Tempe	Arizona 10K		0	1984Dec31
10 km	AZ	1981Jan17	Tucson	Adult Fitness 10K (U of	Arizona)	0	1984Dec31
10 km	AZ	1980Apr12	Tucson	Cottonwood Lane 10K		0	
10 km	AZ	1980Mar22	Tucson	Diet Pepsi 10K		0	
10 km	AZ	1983Mar19	Tucson	Pepsi Challenge 10K		0	
10 km	AZ	1982Sep26	Tucson	Sabino 10K		0	1984Dec31
10 km	AZ	1983Mar06	Tucson	Sun Run 10K split		p/p	1984Dec31
15 km	AZ	1981May03	Ahwatukee	KUPD/Chiquita 15K		0	1984Dec31
15 km	AZ	1980Dec13	Chandler	Good Sports Run		0	1984Dec31
15 km	AZ	1982Mar10	Chandler	Willie Days 15K (William	s AFB)	0	1984Dec31
15 km	AZ	1983Feb05	Phoenix	Phoenix 15K		0	1984Dec31
15 km	AZ	1979Jul28	Sierra Vista	Datsun Run for MS		0	1984Dec31

15 km	AZ	1982Sep26	Tucson	Sabino 15K		0	1984Dec31
15 km	AZ	1978Feb04	Tucson	Sun Run		0	1981Dec31
15 km	AZ	1983Mar06	Tucson	Sun Run		0	1984Dec31
20 km	AZ	1980Nov08	Tucson	Fairgrounds 20K		0	1984Dec31
20 km	AZ	1981Jan10	Tucson	Tucson Marathon 20K spli	t	3.4 p/p	1984Dec31
25 km	AZ	1981Jan10	Tucson	Tucson Marathon 25K spli	t	3.1 p/p	1984Dec31
30 km	AZ	1982Oct15	Phoenix	Magical 30K		-0.9 p/p	
30 km	AZ	1983Oct09	Phoenix	Lincoln Health Magical 3	OK	0	
30 km	AZ	1981Jan10	Tucson	Tucson Marathon 30K spli	t	3 p/p	1984Dec31
50 km	AZ	1983Mar10	Sierra Vista	Huachuca Mountain Massac	re 50K	0	1984Dec31
5 mi	AZ	1980Jul31	Ahwatukee Phoenix	Five at Five		0	1984Dec31
5 mi	AZ	1981Apr24	Phoenix	KIFN Cinco de Mayo 5mi		0	1984Dec31
5 mi	AZ	1980Nov15	Tucson	Reid Park Turkey Trot 5m	i	0	
10 mi	AZ	1981Apr15	Scottsdale	Bee Power 10mi		0	1984Dec31
10 mi	AZ	1982Jan09	Sierra Vista	City Park 10mi (closed I	oop)	0	1984Dec31
10 mi	AZ	1979Jan20	Tucson	Admissions Day 10mi		p/p	1979Dec31
10 mi	AZ	1980Sep14	Tucson	SOB Run		0	1984Dec31
10 mi	AZ	1980Jan12	Tucson	Tucson Marathon 10mi spl	it	3.6 p/p	1984Dec31
20 mi	AZ	1982Jan09	Sierra Vista	City Park 20mi		0	1984Dec31
20 mi	AZ	1979Jan20	Tucson	Tucson Marathon 20mi spl	it	3.2 p/p	1984Dec31
50 mi	AZ	1982Jan09	Sierra Vista	City Park 50mi		0	1984Dec31
100 mi	AZ	1982Jan09	Sierra Vista	City Park 100mi		0	1984Dec31
21.1 km	AZ	1977Jan30	Phoenix	Phoenix YMCA Half-Marath	on		1978Dec31
21.1 km	AZ	1981Jan10	Phoenix	Phoenix YMCA Half-Marath	on	0	1984Dec31
21.1 km	AZ	1979Jan20	Tucson	Admissions Day Half-Mara	thon	p/p	1979Dec31
21.1 km	AZ	1982Sep12	Tucson	Sabino Half-Marathon		0	
21.1 km	AZ	1983Jul16	Tucson	Sabino Half-Marathon		0	
21.1 km	AZ	1981Jan10	Tucson	Tucson Marathon split		3.3 p/p	1984Dec31
42.2 km	AZ	1975Jul06	Flagstaff	Pan American Trials Mara	thon	0	1975Dec31
42.2 km	AZ	1979Apr01	Ft Huachuca	Mule Mountain Marathon		4.3 p/p	1984Dec31
42.2 km	AZ	1980Oct02	Globe	Copper Valley Marathon		-6.5 p/p	1984Dec31
42.2 km	AZ	1981Feb15	Phoenix	Phoenix Marathon		0	
42.2 km	AZ	1982Feb14	Phoenix	Phoenix Marathon		0	
42.2 km	AZ	1983Feb13	Phoenix	Phoenix Marathon		0	1984Dec31
42.2 km	AZ	1971Dec19	Scottsdale	Fiesta Bowl Marathon		5.1 p/p	1976Oct16
42.2 km	AZ	1976Oct16	Scottsdale	Fiesta Bowl Marathon		6.6 p/p	1977Dec17
42.2 km	AZ	1977Dec17	Scottsdale	Fiesta Bowl Marathon		p/p	1978Jun03
42.2 km	AZ	1978Jun03	Scottsdale	Fiesta Bowl Marathon		p/p	1979Jul22
42.2 km	AZ	1979Jul22	Scottsdale	Fiesta Bowl Marathon		4.3 p/p	1980Nov23
42.2 km	AZ	1980Nov23	Scottsdale	Fiesta Bowl Marathon		7.2 p/p	1984Dec31
42.2 km	AZ	1979Jan20	Tucson	Admissions Day Marathon		p/p	1980Jan12
42.2 km	AZ	1980Jan10	Tucson	Tucson Marathon		3.5 p/p	1984Dec31
42.2 km	AZ	1982Sep26	Tucson	Fitness (Sabino) Maratho	n	0	
42.2 km	AZ	1983Jul16	Tucson	Canyon Ranch Fitness Mar	athon	0	
42.2 km	AZ	1978Oct07	Yuma	Leatherneck Marathon		0	1979Jan06
42.2 km	AZ	1979Jan07	Yuma	Roadrunner Marathon		0	1984Dec31
15 mi	AZ	1979Jan20	Tucson	Admissions Day 15mi		p/p	1979Dec31
1 mi	AZ	1982Sep26	Tucson	Sabino 1mi		0	
3 mi	AZ	1982Sep26	Tucson	Sabino 3mi		0	
8 mi	AZ	1983Sep03	Tucson	Saguaro Monument 8mi		0	
10 mi	AZ	1982Jan09	Sierra Vista	City Park 10mi closed lo	op	0	1984Dec31
5 km	CA	1982Mar15	Anaheim	Minizide Loop 5K		0	1984Dec31
5 km	CA	1982Mar20	Atherton	Sri Chinmoy 5K		0	1984Dec31
5 km	CA	1981Oct11	Berkeley	Great Berkeley 5K		0	1984Dec31
5 km	CA	1979Jul28	Chula Vista	Bonita Optimist Club 5K		0	1984Dec31
5 km	CA	1982Jun19	Chula Vista	Run by the Bay 5K		0	1984Dec31
5 km	CA	1982Aug28	Coronado	Chart House 5K		0	1984Dec31
5 km	CA	1982Nov11	Del Mar	Jingle Bell Run		0	1984Dec31
5 km	CA	1983Mar22	Los Angeles	LAPD Academy 5K (Elysian	Park)	0	

5 km	CA	1978Dec20	Los Angeles	Run for Health 5K		0	1984Dec31
5 km	CA	1982Sep12	Modesto	YMCA of Stanislaus Count	y 5K	0	
5 km	CA	1983May18	Modesto	YMCA of Stanislaus Count	y 5K		
5 km	CA	1982Oct02	Oakland	Lake Merritt Loop 5K		0	1984Dec31
5 km	CA	1980Jul18	Palo Alto	Corporate Cup 5K		0	1984Dec31
5 km	CA	1981Oct18	Pasadena	YMCA Rose Bowl 5K		0	1984Dec31
5 km	CA	1983Oct05	Playa Del Rey	Playa Del Rey 5K		2.7 p/p	
5 km	CA	1983Apr05	San Bruno	SFIA-Hot Pursuit 5K			
5 km	CA	1974Jan26	San Diego	Balboa Park 5K		0	1984Dec31
5 km	CA	1978Dec06	San Diego	Barrio 5K		0	1984Dec31
5 km	CA	1978Mar15	San Diego	De Anza Cove Loop 5K		0	1984Dec31
5 km	CA	1974Mar27	San Diego	El Monte Park 5K		0	1984Dec31
5 km	CA	1982Apr07	San Diego	Fiesta Island 5K		0	1984Dec31
5 km	CA	1980Apr13	San Diego	UCSD 5K		0	1984Dec31
5 km	CA	1983Apr04	San Francisco	Crystal Light 5K			
5 km	CA	1981Aug17	San Francisco	Giants Run to Home Plate	5K	0	1984Dec31
5 km	CA	1982Nov18	San Francisco	Golden Gate Park 5K			
5 km	CA	1983Jul04	San Francisco	Henry Ohlhoff 5K		0	
5 km	CA	1981Jun21	San Francisco	Hook and Ladder (SFPD) 5	K	0	1984Dec31
5 km	CA	1983Mar23	San Francisco	Hot Pursuit 5K		0	
5 km	CA	1983Mar19	San Francisco	Over and Under 5K		0	1984Dec31
5 km	CA	1983Sep02	Santa Ana	Hog Run		0	
5 km	CA	1980Oct04	Woodland Hills	Steve Garvey & Diet Peps	i 5K	0	1981Oct03
5 km	CA	1981Oct03	Woodland Hills	Steve Garvey & Diet Peps	i 5K	0	1984Dec31
8 km	CA	1982Jun23	Calistoga	Great Calistoga Footrace	8K	0	1984Dec31
8 km	CA	1983Jul03	La Jolla	Village Square 8K		0	
8 km	CA	1983Feb20	Los Altos	Runner's World Invitatio	nal 8K	0	
8 km	CA	1983Jan30	Mountain View	Corporate Cup Road Test	8K	0	
8 km	CA	1983Aug04	Newport Beach	Newport 8K		0	
8 km	CA	1982May25	Newport Beach	Sub-Four (Newport Center	) 8K	0	
8 km	CA	1983Jul24	Oakland	Lite Beer/Oakland A's 8K		0	
8 km	CA	1983Apr06	Oceanside	Sub-4/Sickels O'Brien 8K		0	
8 km	CA	1983Jun23	Oceanside	Sub-4/Vista Pacific 8K		0	
8 km	CA	1982Oct01	Pasadena	Pasadena Classic		0	1984Dec31
8 km	CA	1982Sep20	San Diego	Mission Bay 8K		0	1984Dec31
8 km	CA	1983Nov11	San Diego	Stadium 8K		0	
8 km	CA	1982Jan16	San Francisco	Chinatown YMCA 8K		0	1984Dec31
8 km	CA	1983Jun16	San Pedro	Trudgers 8K		0	
8 km	CA	1983Aug04	San Rafael	See the Sea 8K		0	
8 km	CA	1983Sep24	Walnut Creek	Care Run II		0	
10 km	CA	1982Jun26	Alameda	Run for the Parks 10K		0	
10 km	CA	1981Aug09	Alpine	Alpine Country 10K		p/p	1984Dec31
10 km	CA	1982Dec02	Arroyo Grande	Central Coast 10K		1.1 p/p	1984Dec31
10 km	CA	1982Jun20	Atherton	Sri Chinmoy 10K		0	1984Dec31
10 km	CA	1982Aug11	Bellflower	Bellflower 10K		0	1984Dec31
10 km	CA	1981Apr18	Berkeley	Solomon Grundy 10K		0	1984Dec31
10 km	CA	1978Jun21	Beverly Hills	Perrier 10K		0	1984Dec31
10 km	CA	1980Apr04	Brentwood	Brentwood 10K		0	1984Dec31
10 km	CA	1981Jul18	Buena Park	Silverado Days 10K		0	1984Dec31
10 km	CA	1982Sep05	Castro Park	Run for the Colors 10K		0	1984Dec31
10 km	CA	1981May23	Century City	20th Century Fox 10K		0	1984Dec31
10 km	CA	1980Jul27	Chula Vista	Bayfront 10K		0	1984Dec31
10 km	CA	1979Dec15	Chula Vista	Bonita 10K		0	1984Dec31
10 km	CA	1980Jun14	Chula Vista	Rohr Park 10K		0	
10 km	CA	1981Sep20	Chula Vista	Rohr Park & Jaycees 10K		0	1984Dec31
10 km	CA	1982May21	Chula Vista	Tidelands 10K		0	1984Dec31
10 km	CA	1983Apr26	Concord	BART-to-BART 10K		0	
10 km	CA	1983Aug16	Coronado	Amphibious Base 10K		0	
10 km	CA	1979May02	Coronado	Diet Pepsi 10K		0	1980Aug31
10 km	CA	1980Aug31	Coronado	Diet Pepsi 10K		0	1984Dec31

10 km	CA	1980May13	Coronado	North Island 10K		0	1981Oct10
10 km	CA	1981Oct10	Coronado	North Island 10K		0	1984Dec31
10 km	CA	1983Jul21	Coronado	Sports Fiesta-Optimists	10K	0	
10 km	CA	1983Feb19	Coronado	SWOS 10K		0	1984Dec31
10 km	CA	1983May24	Contati	Brass Ass 10K		0	
10 km	CA	1982Apr24	Danville	Devil Mountain Run		0	1984Dec31
10 km	CA	1979Oct15	Del Mar	Florafeat 10K		0	1984Dec31
10 km	CA	1981Feb20	Del Mar	Muscular Dystrophy 10K		0	1984Dec31
10 km	CA	1980Sep06	El Cajon	El Cajon 10K		0	1984Dec31
10 km	CA	1981Nov13	El Cajon	Grossmont College 10K		0	
10 km	CA	1982Nov04	El Cajon	Grossmont College 10K		0	1984Dec31
10 km	CA	1982Nov25	Encinitas	AMC Theatres 10K		0	1984Dec31
10 km	CA	1979Sep29	Escondido	Kit Carson 10K		0	1980Jul20
10 km	CA	1980Jul20	Escondido	Kit Carson 10K		0	1984Dec31
10 km	CA	1981Jun14	Foster City	Sri Chinmoy 10K		?	1984Dec31
10 km	CA	1982Sep22	Fountain Valley	United Way 10K		0	1984Dec31
10 km	CA	1983Aug08	Fremont	Kiwanis Pathfinder 10K		0	
10 km	CA	1982Jan23	Fresno	Joyeria Mexico Jewelry 1	0K	0	1984Dec31
10 km	CA	1980Feb24	Grass Valley	Memorial Run		0	1984Dec31
10 km	CA	1979May16	Guerneville	Watermelon Run		0	1984Dec31
10 km	CA	1982May08	Hayward	Health Run (Rancho Arroyo Park)		0	1984Dec31
10 km	CA	1982Aug17	Hermosa Beach	South Bay 10K		0	1984Dec31
10 km	CA	1979Oct27	Hollywood	Hollywood YMCA 10K		0	1984Dec31
10 km	CA	1983Mar04	Huntington Beach	Huntington Beach Pier 10	K	0	1984Dec31
10 km	CA	1980Apr12	Huntington Beach	SCATS Olympic Fund Run		0	1984Dec31
10 km	CA	1980Aug23	Jamacha	Valhalla HS 10K		0	1984Dec31
10 km	CA	1982Sep25	Kelseyville	Konocti Winery Vineyard	10K	0	1984Dec31
10 km	CA	1979Oct27	Kentfield	Pacific Sun 10K		0	
10 km	CA	1982May29	Kentfield	Pacific Sun 10K		0	1984Dec31
10 km	CA	1981Sep28	La Jolla	Great Pumpkin 10K		0	
10 km	CA	1982Dec04	La Jolla	Village Square 10K (amphitheater start)		0	1984Dec31
10 km	CA	1982Dec04	La Jolla	Village Square 10K (street start)		0	1984Dec31
10 km	CA	1980May28	La Mesa	La Mesa Games 10K		0	1984Dec31
10 km	CA	1983Jun17	La Mesa	Lake Murray 10K		0	
10 km	CA	1982Feb28	Laguna Beach	Laguna Beach 10K		0	1984Dec31
10 km	CA	1981Apr27	Lakeport	Run for the High of It 1	0K	0	1984Dec31
10 km	CA	1979Dec08	Lakeside	River Run		0	1984Dec31
10 km	CA	1980Oct16	Loma Linda	Orange Grove 10K		0	1984Dec31
10 km	CA	1983Mar16	Long Beach	Nordstroms 10K		0	
10 km	CA	1980Mar30	Los Angeles	Big Brothers 10K		0	1984Dec31
10 km	CA	1978Jul02	Los Angeles	Century City 10K		0	1981May23
10 km	CA	1983Feb04	Los Angeles	Chatsworth Reservoir 10K		0	1984Dec31
10 km	CA	1982Dec17	Los Angeles	Fairfax Festival 10K		0	1984Dec31
10 km	CA	1981Jul08	Los Angeles	KNBC Peacock & Los Angeles Zoo 10K		0	1984Dec31
10 km	CA	1981Sep12	Los Angeles	Los Angeles AC Mercury 10K		5.3 p/p	
10 km	CA	1983Mar22	Los Angeles	LAPD Academy 10K (Elysian Park)		0	
10 km	CA	1982Dec09	Los Angeles	Paramount 10K		0	1984Dec31
10 km	CA	1983Oct09	Los Angeles	Reach for the Stars 10K		0	1984Dec31
10 km	CA	1978Dec20	Los Angeles	Run for Health 10K		0	1984Dec31
10 km	CA	1981Jan19	Los Angeles	Run of the Press 10K		0	1984Dec31
10 km	CA	1982Sep16	Marina Del Rey	St John's Hospital 10K		0	1984Dec31
10 km	CA	1981Nov	Modesto	Modesto JC West Campus 10K	0K	0	
10 km	CA	1981Jun13	Modesto	SOS Natural Light 10K		0	
10 km	CA	1982Oct03	Modesto	YMCA of Stanislaus County 10K		0	
10 km	CA	1983May	Modesto	YMCA of Stanislaus County 10K		0	
10 km	CA	1983Feb16	Newport	Fashion Island/Olympic Torch 10K		0	1984Dec31
10 km	CA	1981Aug08	Northridge	Outstanding Athletes 10K		0	1984Dec31
10 km	CA	1983May08	Northridge	Salute to Recreation 10K		0	
10 km	CA	1982Jan30	Oakland	Lake Merritt 10K		0	1984Dec31
10 km	CA	1982Oct02	Oakland	Lake Merritt Loop 10K		0	1984Dec31

10 km	CA	1980Apr26	Oceanside	Firecracker 10K			0	1984Dec31
10 km	CA	1979Jun16	Oceanside	North County Transit Dis	trict 10K		p/p	1984Dec31
10 km	CA	1979Feb03	Palm Springs	Heart of Palm Springs 10	K		0	1984Dec31
10 km	CA	1980Jul18	Palo Alto	Corporate Cup/Saucony 10	K		0	1981Dec02
10 km	CA	1978Oct21	Palo Alto	Stanford Run			0	
10 km	CA	1982Jun	Palo Alto	Stanford 10K				
10 km	CA	1982Sep05	Palo Alto	Great Race at Stanford			0	
10 km	CA	1983Mar04	Palo Alto	Streets of Palo Alto 10K			0	
10 km	CA	1980Oct26	Pasadena	YMCA Rose Bowl 10K			0	
10 km	CA	1983Sep23	Pasadena	Rose Bowl 10K			0	
10 km	CA	1982Sep15	Playa Del Rey	Learn not to Burn 10K			0	1984Dec31
10 km	CA	1982Oct04	Playa Del Rey	Playa Del Rey 10K			0	1984Dec31
10 km	CA	1981Jun27	Pleasanton	Heritage Days 10K			?	1984Dec31
10 km	CA	1982Aug07	Poway	Poway 10K			0	1984Dec31
10 km	CA	1979May14	Rancho Bernardo	Rancho Bernardo 10K			0	1981Oct18
10 km	CA	1981Oct18	Rancho Bernardo	Rancho Bernardo 10K			0	1984Dec31
10 km	CA	1983Sep20	Rancho Palos Vds	Pro-Comfort 10K			0	
10 km	CA	1982Nov29	Redondo Beach	Redondo Beach 10K			0	1984Dec31
10 km	CA	1982Nov16	Riverside	Great American Smokeout	10K		0	1984Dec31
10 km	CA	1982Sep26	Sacramento	Billy Mills 10K			0	
10 km	CA	1980Feb12	San Diego	Balboa Park 10K			0	1984Dec31
10 km	CA	1970Oct24	San Diego	Balboa Park XC 10K			0	1984Dec31
10 km	CA	1978Dec06	San Diego	Barrio 10K			0	1984Dec31
10 km	CA	1979Mar15	San Diego	Bonne Bell 10K			0	1984Dec31
10 km	CA	1980Mar02	San Diego	Broadway Pier 10K			p/p	1984Dec31
10 km	CA	1982Jun12	San Diego	Coronado 10K (Balboa Par	k)		-6.7 p/p	1984Dec31
10 km	CA	1980May24	San Diego	Cuyamaca College 10K			0	1984Dec31
10 km	CA	1978Mar15	San Diego	De Anza Cove Loop 10K			0	1984Dec31
10 km	CA	1974Mar27	San Diego	El Monte Park 10K			0	1984Dec31
10 km	CA	1979Dec11	San Diego	Festival of Lights 10K			0	1984Dec31
10 km	CA	1983Jan10	San Diego	Festival of Lights 10K			0	
10 km	CA	1980Mar25	San Diego	Fiesta Island 10K			0	
10 km	CA	1983Oct15	San Diego	Fiesta Island & IAAF Wom	en's 10K		0	
10 km	CA	1978Sep10	San Diego	Heart of San Diego 10K			p/p	1978Dec17
10 km	CA	1978Dec17	San Diego	Heart of San Diego 10K			p/p	1981Sep18
10 km	CA	1981Sep18	San Diego	Heart of San Diego 10K			0 p/p	1981Oct10
10 km	CA	1981Oct10	San Diego	Heart of San Diego 10K			-0.3 p/p	
10 km	CA	1982Oct23	San Diego	Heart of San Diego 10K			0 p/p	
10 km	CA	1981Apr05	San Diego	Hilton (Mission Bay) 10K			0	
10 km	CA	1979Feb07	San Diego	L'EGGS-YWCA 10K			0	
10 km	CA	1982Feb11	San Diego	L'EGGS-YWCA 10K (Balboa	Park)		0	1984Dec31
10 km	CA	1981Jul17	San Diego	Lions-Central Federal 10	K		p/p	
10 km	CA	1982Jun30	San Diego	Lions 10K			0	1984Dec31
10 km	CA	1981Sep14	San Diego	Miramar College 10K			0	1984Dec31
10 km	CA	1983Aug24	San Diego	Mission Bay 10K			0 p/p	
10 km	CA	1983Dec17	San Diego	Mission Bay MBM 10K			0	
10 km	CA	1983Jan30	San Diego	Mission Beach XC 10K			0	1984Dec31
10 km	CA	1971Sep29	San Diego	National AAU XC 10K (197	1)		0	
10 km	CA	1983Oct15	San Diego	National TAC & Coronado	Bridge 10K		-6.7 p/p	
10 km	CA	1983Feb11	San Diego	Nordstrom Valley 10K			0	1984Dec31
10 km	CA	1982Jan13	San Diego	Point Loma College 10K			0	1984Dec31
10 km	CA	1982Aug18	San Diego	Quarter Note Classic			0	1984Dec31
10 km	CA	1982Aug01	San Diego	Robb Field 10K (via Boni	ta Cove)		0	1984Dec31
10 km	CA	1982Aug01	San Diego	Robb Field 10K (via rive	r channel)		0	1984Dec31
10 km	CA	1982May15	San Diego	Scripps Ranch 10K			2.7 p/p	1984Dec31
10 km	CA	1984Jan01	San Diego	Star of India 10K			0	
10 km	CA	1980Aug30	San Diego	Swiftest Business 10K			0	1984Dec31
10 km	CA	1981Feb07	San Diego	Tierrasanta 10K			p/p	1984Dec31
10 km	CA	1982Apr10	San Diego	UCSD Everest 10K			0	
10 km	CA	1981Feb02	San Diego	UCSD Medical Center 10K			?	1984Dec31

10 km	CA	1981Feb15	San Diego	University Towne Centre	10K		0	1984Dec31
10 km	CA	1981Jul19	San Francisco	Big Foot Big Heart 10K (	G Gate Pk)		0	1984Dec31
10 km	CA	1980Nov	San Francisco	Bonne Bell 10K				
10 km	CA	1981Jan25	San Francisco	Bonne Bell 10K (w)			0	
10 km	CA	1982Feb20	San Francisco	Bonne Bell 10K			0	
10 km	CA	1983Jan30	San Francisco	Bonne Bell 10K			4 p/p	1984Dec31
10 km	CA	1982Dec05	San Francisco	Christmas Carol Charity	10K		0	1984Dec31
10 km	CA	1979Aug18	San Francisco	Diet Pepsi 10K			0	1984Dec31
10 km	CA	1975Nov10	San Francisco	Golden Gate Park 10K			0	
10 km	CA	1982Nov	San Francisco	Golden Gate Park 10K				
10 km	CA	1983Jul04	San Francisco	Henry Ohlhoff 10K			0	
10 km	CA	1981Jun21	San Francisco	Hook and Ladder 10K (Gol	den Gate Pk)		0	1984Dec31
10 km	CA	1983Apr17	San Francisco	Norml Mari-thon 10K			0	
10 km	CA	1983Mar19	San Francisco	Over and Under 10K			0	1984Dec31
10 km	CA	1981Jun06	San Francisco	St Jude's Hospital 10K			0	1984Dec31
10 km	CA	1983Oct15	San Jose	Broomstick Photo Finish	10K		0	
10 km	CA	1982Aug08	San Jose	Earthquake 10K			0	1984Dec31
10 km	CA	1982Sep04	San Jose	Employment Training 10K			0	1984Dec31
10 km	CA	1983Jan22	San Jose	Hyattfest Run of the Cha	mpions 10K		0	1984Dec31
10 km	CA	1983Apr24	San Jose	Los Gatos Christian Chur	ch 10K		0	
10 km	CA	1983Jan30	San Jose	Mercury News 10K			0	
10 km	CA	1983Mar06	San Leandro	Shoreline 10K			0	
10 km	CA	1983Feb20	San Luis Obispo	Meadow Park 10K			0	
10 km	CA	1980Mar21	San Marcos	Palomar College 10K			0	1984Dec31
10 km	CA	1981Oct31	San Marcos	Woodland Park 10K			0	1984Dec31
10 km	CA	1981Aug01	San Pedro	Harbor 10K			0	1984Dec31
10 km	CA	1983Sep02	Santa Ana	Hog Run 10K			0	
10 km	CA	1983Sep05	Santa Barbara	American Cancer Society	& Nike 10K		0.9 p/p	
10 km	CA	1983Mar26	Santa Monica	Santa Monica 10K			0	
10 km	CA	1979Nov29	Santa Rosa	McCarthy Postal 10K			0	1984Dec31
10 km	CA	1983Aug02	Santa Rosa	Resolution Run			0	
10 km	CA	1977Jul10	Santa Rosa	Spring Lake 10K			0	1984Dec31
10 km	CA	1979Oct08	Santa Rosa	The Last 10K			0	
10 km	CA	1983Oct12	Santa Rosa	The Last 10K			0	
10 km	CA	1980Sep28	Stanford	Great Race			0	1981Aug23
10 km	CA	1981Aug23	Stanford	Great Race			0	
10 km	CA	1981Aug15	Sunnyvale	ESL Runaway 10K (RRCA Ch	ampionships)		0	
10 km	CA	1982Dec12	Temple City	Temple City 10K			0	1984Dec31
10 km	CA	1981Mar22	Torrance	Love Your Heart 10K			0	1984Dec31
10 km	CA	1983Mar08	Torrance	St Patrick's Day 10K			0	
10 km	CA	1980May14	Vista	Vista 10K			0	1980May31
10 km	CA	1980May31	Vista	Vista 10K			0	1984Dec31
10 km	CA	1983Oct08	Walnut Creek	John Muir 10K			0	
10 km	CA	1982Nov14	Westwood	Westwood 10K			0	1984Dec31
10 km	CA	1980Oct04	Woodland Hills	Steve Garvey & Diet Peps	i 10K		0	1981Oct03
10 km	CA	1981Oct03	Woodland Hills	Steve Garvey & Diet Peps	i 10K		0	1984Dec31
10 km	CA	1980Feb26	Woodside	Pacific Association Wome	n's 10K		0	1984Dec31
10 km	CA	1983Jul31	Yreka	Pepsi Challenge 10K			0	
12 km	CA	1983Apr10	San Francisco	Bay to Breakers			0 p/p	
15 km	CA	1981Oct11	Berkeley	Great Berkeley 15K			0	
15 km	CA	1982Oct31	Berkeley	Great Berkeley 15K			0	
15 km	CA	1980Sep27	Geyserville	Fall Color 15K			0	1984Dec31
15 km	CA	1965May	Goleta	Semana Nautica 15K			0	1968Jun08
15 km	CA	1968Jun08	Goleta	Semana Nautica 15K			0	1978Dec31
15 km	CA	1982Aug16	Guadalupe	Restoration Run			0	1984Dec31
15 km	CA	1979Jan20	Imperial Beach	Cinco de Mayo 15K			0	1984Dec31
15 km	CA	1981Jun13	Los Altos	PA TAC Championships 15K			0	1984Dec31
15 km	CA	1975Feb17	Los Gatos	Los Gatos 15K			?	1984Dec31
15 km	CA	1979Sep26	Madera	Coors Mid-State 15K			0	1984Dec31
15 km	CA	1982Oct02	Oakland	Lake Merritt Loop 15K			0	1984Dec31

15 km	CA	1982Mar23	Riverside	Riverside Cup 15K		0	1984Dec31
15 km	CA	1982Nov20	San Diego	Balboa Park XC 15K		0	1984Dec31
15 km	CA	1978Mar15	San Diego	De Anza Cove Loop 15K		0	1984Dec31
15 km	CA	1982Feb21	San Diego	East Mission Bay 15K		0	1984Dec31
15 km	CA	1974Mar23	San Diego	El Monte Park 15K		0	1984Dec31
15 km	CA	1974Apr20	San Diego	Mission Bay 15K		0	1979Apr18
15 km	CA	1979Apr18	San Diego	Mission Bay 15K		0	
15 km	CA	1979Dec29	San Diego	Mission Bay 15K		0	
15 km	CA	1982May26	San Diego	Mission Bay 15K		0	1984Dec31
15 km	CA	1980Apr13	San Diego	UCSD-March of Dimes 15K		0	1984Dec31
15 km	CA	1983Mar06	San Francisco	Avon Women's 15K		0	1984Dec31
15 km	CA	1982Mar21	San Francisco	Bay Pacific 15K		0	
15 km	CA	1983Aug28	San Francisco	Bay Pacific 15K		0	
15 km	CA	1975Nov10	San Francisco	Golden Gate Park 15K		0	
15 km	CA	1977Jul10	Santa Rosa	Heart of the Empire 15K		0	1984Dec31
20 km	CA	1983Mar26	El Cajon	El Cajon 20K		0	
20 km	CA	1965May05	Los Angeles	Griffith Park 20K		0	1984Dec31
20 km	CA	1980Mar19	Los Osos	South Bay 20K		0	1984Dec31
20 km	CA	1982Oct02	Oakland	Lake Merritt Loop 20K		0	1984Dec31
20 km	CA	1968Mar23	Palo Alto	PA AAU 20K		0	
20 km	CA	1982Jan15	Sacramento	PA TAC Championships 20K		0	1984Dec31
20 km	CA	1978Mar15	San Diego	De Anza Cove Loop 20K		0	1984Dec31
20 km	CA	1974Mar23	San Diego	El Monte Park 20K (2 loo	ps)	0	1984Dec31
20 km	CA	1974Mar23	San Diego	El Monte Park 20K (4 loo	ps)	0	1984Dec31
20 km	CA	1975Nov10	San Francisco	Golden Gate Park 20K		0	
20 km	CA	1978Dec02	Santa Rosa	McCarthy Postal 20K		0	1979Nov29
20 km	CA	1979Nov29	Santa Rosa	McCarthy Postal 20K		0	1984Dec31
25 km	CA	1978Feb18	Guerneville	Fools Run		0	1984Dec31
25 km	CA	1965Apr25	Inglewood	Sentinella Park 25K		0	1984Dec31
25 km	CA	1982Oct02	Oakland	Lake Merritt Loop 25K		0	1984Dec31
25 km	CA	1974Feb23	Palos Verdes	Lunada Bay 25K		0	1984Dec31
25 km	CA	1974Mar23	San Diego	El Monte Park 25K		0	1984Dec31
25 km	CA	1974Oct26	San Diego	Mission Bay 25K		0	
25 km	CA	1981Dec09	San Diego	Mission Bay 25K (SDTC)		0	1984Dec31
25 km	CA	1975Nov10	San Francisco	Golden Gate Park 25K		0	
25 km	CA	1983Jun05	San Francisco	TAC Championships 25K		0	
25 km	CA	1968Apr06	South Lake Tahoe	Lake Tahoe 25K		0	1984Dec31
25 km	CA	1980Feb03	Ventura	Southern Pacific Assn AA	U Champs 25K	0	1981Feb15
25 km	CA	1981Feb15	Ventura	Southern Pacific Assn TA	C Champs 25K	0	1984Dec31
30 km	CA	1982Oct02	Oakland	Lake Merritt Loop 30K		0	1984Dec31
30 km	CA	1980Mar30	Pasadena	Avon Women's 30K		0	1984Dec31
30 km	CA	1978Mar15	San Diego	De Anza Cove Loop 30K		0	1984Dec31
30 km	CA	1974Mar23	San Diego	El Monte Park 30K		0	1984Dec31
30 km	CA	1974Mar23	San Diego	El Monte Park 30K		0	1984Dec31
30 km	CA	1979Feb27	San Diego	Mission Bay 30K		0	1980Oct29
30 km	CA	1980Oct29	San Diego	Mission Bay 30K		0	1984Dec31
30 km	CA	1975Nov10	San Francisco	Golden Gate Park 30K		0	
50 km	CA	1978Feb	Los Posas Hills	Southern Pacific Assn AA	U 50K	0	1984Dec31
50 km	CA	1983Apr23	Monterey	Nat'l Racewalking Champi	onships 50K	0	
50 km	CA	1982Oct02	Oakland	Lake Merritt Loop 50K		0	1984Dec31
50 km	CA	1976Feb15	Sacramento	Sacramento 50K		0	1984Dec31
50 km	CA	1978Mar15	San Diego	De Anza Cove Loop 50K		0	1984Dec31
50 km	CA	1974Mar23	San Diego	El Monte Park 50K		0	1984Dec31
50 km	CA	1975Nov10	San Francisco	Golden Gate Park 50K		0	
50 km	CA	1982Nov06	San Francisco	Challenge Cup 50K		0	1984Dec31
50 km	CA	1983Nov06	San Francisco	Challenge Cup 50K		0	1984Dec31
50 km	CA	1980Feb01	San Mateo	West Valley TC Racewalk	50K	0	1984Dec31
100 km	CA	1982Oct02	Oakland	Lake Merritt Loop 100K		0	1984Dec31
100 km	CA	1974Mar23	San Diego	El Monte Park 100K		0	1984Dec31
100 km	CA	1975Nov10	San Francisco	Golden Gate Park 100K		0	



5 mi	CA	1982Oct02	Berkeley	Waterfront 5mi			0	1984Dec31
5 mi	CA	1983Sep04	Carlsbad	Run Against SIDES (Hadley's) 5mi			0	
5 mi	CA	1980Jun05	Coronado	SWOS 5mi			0	1984Dec31
5 mi	CA	1983Aug17	Fountain Valley	Mile Square Park 5mi			0	
5 mi	CA	1979Feb18	Guerneville	Fools Run 5mi			0	1984Dec31
5 mi	CA	1981Jan18	Los Altos	Willy's 5mi			0	
5 mi	CA	1983Jan03	Los Altos	Willy's Road Race			0	
5 mi	CA	1981Jul10	National City	Salute to Navy Week 5mi	(Kimball Pk)		0	1984Dec31
5 mi	CA	1982Jun13	Oakland	Embarcadero 5mi			0	1984Dec31
5 mi	CA	1976Oct13	Point Loma	Turtles 5mi			0	1984Dec31
5 mi	CA	1979Nov24	San Diego	Silver Cup Jubilee 5mi			0	1984Dec31
5 mi	CA	1982Mar21	San Francisco	Kimochi Cherry Blossom 5 mi			-1.7 p/p	
5 mi	CA	1981Mar08	San Francisco	Lion of Judah Classic			0	1984Dec31
5 mi	CA	1982Aug08	San Jose	Rotary Classic			0	1984Dec31
10 mi	CA	1981Jan18	Foster City	Sri Chinmoy 10mi			0	
10 mi	CA	1981Nov16	Foster City	Sri Chinmoy 10mi			0	1984Dec31
10 mi	CA	1965Dec05	Pasadena	Rose Bowl 10mi			0	1984Dec31
10 mi	CA	1980Apr13	San Diego	Breakers 10			0	1984Dec31
10 mi	CA	1982Mar21	San Diego	Sharp Hospital 10mi			0	1984Dec31
10 mi	CA	1982Aug22	San Francisco	Presidio 10mi			0	1984Dec31
10 mi	CA	1978Feb18	Santa Rosa	Fools Run			0	1984Dec31
10 mi	CA	1979Aug16	Santa Rosa	Piner 10mi			0	1984Dec31
10 mi	CA	1982Dec12	Stockton	California 10			0	
10 mi	CA	1983Dec20	Stockton	California 10			0	
10 mi	CA	1980Jun29	Sunnyvale	TRAC 10mi (Moffett Park)			0	1984Dec31
20 mi	CA	1975Sep01	Clarksburg	Pepsi 20			0	
20 mi	CA	1983Jul23	Clarksburg	Clarksburg Classic			0	
50 mi	CA	1981Feb25	El Cajon	Grossmont College 50mi			0	1984Dec31
50 mi	CA	1968Mar16	Rocklin	National AAU 50mi			0	1974Mar14
50 mi	CA	1974Mar14	Rocklin	National AAU 50mi			0	1984Dec31
50 mi	CA	1982Jan01	Sacramento	Jed Smith Classic			0	1984Dec31
50 mi	CA	1981Nov07	San Francisco	Golden Gate Park 50mi			0	
50 mi	CA	1982Oct17	San Francisco	Challenge Cup 50mi			0	1984Dec31
100 mi	CA	1981Feb25	El Cajon	Grossmont College 100mi			0	1984Dec31
21.1 km	CA	1984Jan04	Atascadero	Atascadero Half (Park-to	-Park)		0	
21.1 km	CA	1981Dec19	Bakersfield	Bakersfield Half-Marathon	n		0	
21.1 km	CA	1982Nov28	Bakersfield	Bakersfield Half-Marathon	n		0	1984Dec31
21.1 km	CA	1978Feb11	Chico	Bidwell Classic			0	1984Dec31
21.1 km	CA	1979Jul28	Chula Vista	Bonita Optimist Club Half	f-Marathon		0	1984Dec31
21.1 km	CA	1982Mar15	Chula Vista	International Friendship Half			-0.8 p/p	1984Dec31
21.1 km	CA	1974Jun16	Coronado	Coronado Half-Marathon			0	1978Apr12
21.1 km	CA	1978Apr12	Coronado	Coronado Half-Marathon			0	1979Jul01
21.1 km	CA	1979Jul01	Coronado	Coronado Half-Marathon			0	
21.1 km	CA	1983May29	Coronado	Coronado Half-Marathon			0	
21.1 km	CA	1982Nov06	Cotati	Ass-to-Ass Half-Marathon			1.7 p/p	1984Dec31
21.1 km	CA	1981Oct17	Hayward	Hayward Half-Marathon			0	1984Dec31
21.1 km	CA	1979Dec08	Lakeside	River Run Half-Marathon			0	1984Dec31
21.1 km	CA	1980Oct16	Loma Linda	Orange Grove Half-Marathon	on		0	1984Dec31
21.1 km	CA	1981May02	Lompoc	Valley of the Flowers Half-Marathon	lf-Marathon		0	1984Dec31
21.1 km	CA	1980Oct02	Los Angeles	Harbor Half-Marathon			p/p	1984Dec31
21.1 km	CA	1980Sep21	Oakland	Oakland Half-Marathon			0	
21.1 km	CA	1982Dec12	Oakland	Oakland Half-Marathon			0	1984Dec31
21.1 km	CA	1981Feb18	Pasadena	Avon Women's Half-Marathon	on		0	1984Dec31
21.1 km	CA	1981Oct18	Pasadena	YMCA Rose Bowl Half-Marathon	thon		0	1984Dec31
21.1 km	CA	1979Sep22	Ramona	Ramona Half-Marathon			0	1984Dec31
21.1 km	CA	1981Sep22	Riverside	Great American Smokeout Half			0	1984Dec31
21.1 km	CA	1983Sep28	Riverside	Great American Smokeout Half			0	
21.1 km	CA	1978Sep16	Sacramento	Sacramento Half-Marathon			0	
21.1 km	CA	1978Sep02	San Diego	America's Finest City Half-Marathon	lf-Marathon		p/p	1979Jun13
21.1 km	CA	1979Jun13	San Diego	America's Finest City Half-Marathon	lf-Marathon		5.5 p/p	

21.1 km	CA	1983Jul16	San Diego	America's Finest City Ha	lf-Marathon	1.1 p/p
21.1 km	CA	1979Apr22	San Diego	March of Dimes Half-Mara	thon	0 1984Dec31
21.1 km	CA	1981Feb12	San Diego	Mission Bay & Natural Li	fe Half	0 1984Dec31
21.1 km	CA	1977Jan30	San Diego	San Dieguito Half-Marath	on	0 1984Dec31
21.1 km	CA	1982Oct16	San Francisco	Golden Gate Half-Maratho	n	p/p 1984Dec31
21.1 km	CA	1982Feb07	San Luis Obispo	Red Cross Half-Marathon		0 1984Dec31
21.1 km	CA	1982Oct16	San Luis Rey	Holiday Half		0 1984Dec31
21.1 km	CA	1982Dec30	San Pedro	Harbor Lite Half-Maratho	n	4.7 p/p 1984Dec31
21.1 km	CA	1983Aug14	Santa Monica	Santa Monica Half-Marath	on	0
21.1 km	CA	1982Feb28	Stanford	Martin Luther King Games	Half	0 1984Dec31
21.1 km	CA	1981Aug11	Stockton	Stockton Half-Marathon		0
21.1 km	CA	1982Oct16	Stockton	Stockton Half-Marathon		0 1984Dec31
42.2 km	CA	1970Dec20	Anaheim	Anaheim Marathon		?
42.2 km	CA	1982Oct17	Arroyo Grande	Central Coast Marathon		0 1984Dec31
42.2 km	CA	1979May28	Atherton	Sri Chinmoy Marathon		0 1980Mar22
42.2 km	CA	1975Oct25	Bakersfield	Bakersfield Marathon		1979Jul14
42.2 km	CA	1979Jul14	Bakersfield	Bakersfield Marathon		0 1981Dec19
42.2 km	CA	1981Dec19	Bakersfield	Bakersfield Marathon		0
42.2 km	CA	1982Nov28	Bakersfield	Bakersfield Marathon		0 1984Dec31
42.2 km	CA	1971Jan24	Burlingame	West Valley Marathon		0 1973Apr27
42.2 km	CA	1973Apr27	Burlingame	West Valley Marathon		0 1973May25
42.2 km	CA	1973May25	Burlingame	West Valley Marathon		0 1984Dec31
42.2 km	CA	1979Feb09	Calistoga	Napa Valley Marathon		2.2 p/p 1984Dec31
42.2 km	CA	1978Feb11	Chico	Bidwell Classic Marathon		0 1984Dec31
42.2 km	CA	1982Feb25	Chula Vista	International Friendship	Marathon	-0.4 p/p 1984Dec31
42.2 km	CA	1965Dec05	Culver City	Western Hemisphere Marat	hon	0 1969Nov17
42.2 km	CA	1969Nov17	Culver City	Western Hemisphere Marat	hon	0
42.2 km	CA	1973Mar29	Cupertino	Cupertino Marathon ['80	AAUs short!]	0 1984Dec31
42.2 km	CA	1978Dec04	Davis	Avenue of the Olives Mar	athon	0 1984Dec31
42.2 km	CA	1983Jan18	El Toro MCAS	Leatherneck Marathon		0 1984Dec31
42.2 km	CA	1983Apr06	Foster City	Sri Chinmoy Marathon		0
42.2 km	CA	1978Aug28	Fresno	Central California Marat	hon	0 1979Jul28
42.2 km	CA	1979Jul28	Fresno	Central California Marat	hon	0 1981Jul31
42.2 km	CA	1981Jul31	Fresno	Central California Marat	hon	0
42.2 km	CA	1983Jul23	Fresno	Central California Marat	hon	0
42.2 km	CA	1979Feb19	Greenfield	Salinas Valley Marathon		0 1984Dec31
42.2 km	CA	1982Apr21	Healdsburg	Wine Country Marathon		0 1984Dec31
42.2 km	CA	1978Apr12	Irvine	Leatherneck Marathon		0 1980Apr13
42.2 km	CA	1980Apr13	Irvine	Leatherneck Marathon		0 1981May16
42.2 km	CA	1981May16	Irvine	Leatherneck Marathon		0
42.2 km	CA	1980Nov11	Irvine	World Masters Marathon		0 1984Dec31
42.2 km	CA	1981Mar07	Kentfield (Marin)	Pacific Sun Marathon		0 1984Dec31
42.2 km	CA	1978Mar13	Lakeport	Clear Lake Marathon		0 1979Feb18
42.2 km	CA	1979Feb18	Lakeport	Clear Lake Marathon		0 1984Dec31
42.2 km	CA	1974Aug18	Livermore	Livermore Marathon		?
42.2 km	CA	1980Oct16	Loma Linda	Orange Grove Marathon		0 1984Dec31
42.2 km	CA	1978Apr23	Lompoc	Valley of the Flowers Ma	rathon	0 1980May04
42.2 km	CA	1980May04	Lompoc	Valley of the Flowers Ma	rathon	0 1984Dec31
42.2 km	CA	1983Sep25	Long Beach	Long Beach Marathon		0
42.2 km	CA	1976Dec11	Los Alamitos	Los Alamitos Marathon		0 1976Dec11
42.2 km	CA	1979Feb10	Los Alamitos	Los Alamitos Marathon		0 1984Dec31
42.2 km	CA	1983Apr24	Los Angeles	Avon International Marat	hon	p/p 1984Dec31
42.2 km	CA	1980Oct02	Los Angeles	Harbor Marathon		p/p 1984Dec31
42.2 km	CA	1981Feb22	Los Angeles	Jordache Marathon		p/p 1984Dec31
42.2 km	CA	1980Apr05	Los Angeles	Los Angeles Marathon		0
42.2 km	CA	1982Mar19	Los Angeles	Los Angeles Lite Maratho	n	? 1984Dec31
42.2 km	CA	1979Jul29	Los Angeles	Los Angeles Women's Mara	thon	0
42.2 km	CA	1980Oct05	Los Gatos	Summit Marathon		13.8 p/p 1984Dec31
42.2 km	CA	1973Sep08	Napa	Napa Champagne Marathon		0 1984Dec31
42.2 km	CA	1980Aug17	Newport Beach	Newport Beach Marathon		0 1984Dec31

42.2 km	CA	1979Nov03	Oakland	Oakland Marathon		0	1980Sep21
42.2 km	CA	1980Sep21	Oakland	Oakland Marathon		0	
42.2 km	CA	1982Oct17	Oakland	Oakland Marathon		0	1984Dec31
42.2 km	CA	1978May20	Oceanside	Memorial Day Marathon		0	1984Dec31
42.2 km	CA	1978Mar18	Orange County	Orange County Marathon		p/p	1984Dec31
42.2 km	CA	1981Sep20	Palm Springs	Palm Springs Marathon		0.1 p/p	
42.2 km	CA	1982Dec29	Palm Springs	Palm Springs Marathon		0	1984Dec31
42.2 km	CA	1973Mar25	Palos Verdes	Palos Verdes Marathon		p/p	1975Apr10
42.2 km	CA	1975Apr10	Palos Verdes	Palos Verdes Marathon		p/p	1977Apr24
42.2 km	CA	1977Apr24	Palos Verdes	Palos Verdes Marathon		5.2 p/p	1978May21
42.2 km	CA	1978May21	Palos Verdes	Palos Verdes Marathon		p/p	1984Dec31
42.2 km	CA	1980Oct26	Pasadena	Rose Bowl Marathon		0	1984Dec31
42.2 km	CA	1968Nov30	Petaluma	Petaluma Marathon		p/p	1984Dec31
42.2 km	CA	1979Jan23	Pinole	Pinole Marathon		0	1984Dec31
42.2 km	CA	1967Nov04	Point Reyes	Point Reyes Marathon		0	1984Dec31
42.2 km	CA	1970Mar14	Rocklin	Rocklin Marathon		0	1984Dec31
42.2 km	CA	1983Sep05	Sacramento	California International Marathon		2.4 p/p	
42.2 km	CA	1978Sep16	Sacramento	Sacramento Marathon		0	
42.2 km	CA	1983Sep28	Sacramento	Sacramento Marathon		0	
42.2 km	CA	1979Sep16	Salinas	Monterey County Marathon		0	1984Dec31
42.2 km	CA	1978Jun10	San Diego	Heart of San Diego Marat	hon	p/p	1978Dec17
42.2 km	CA	1978Dec17	San Diego	Heart of San Diego Marat	hon	p/p	1981Sep18
42.2 km	CA	1981Sep18	San Diego	Heart of San Diego Marat	hon	-0.3 p/p	1981Oct10
42.2 km	CA	1981Oct10	San Diego	Heart of San Diego Marat	hon	-0.3 p/p	
42.2 km	CA	1982Oct23	San Diego	Heart of San Diego Marat	hon	0.1 p/p	
42.2 km	CA	1967Dec06	San Diego	Mission Bay Marathon		0	1969Jul04
42.2 km	CA	1969Jul04	San Diego	Mission Bay Marathon		0	1972Dec31
42.2 km	CA	1973Dec16	San Diego	Mission Bay Marathon		0	1978Dec16
42.2 km	CA	1978Dec14	San Diego	Mission Bay Marathon		0	1979Dec31
42.2 km	CA	1980Feb02	San Diego	Mission Bay Marathon (we t)		0	1980Dec31
42.2 km	CA	1981Jan02	San Diego	Mission Bay Marathon		0	
42.2 km	CA	1982Aug09	San Diego	Mission Bay Marathon		0	1984Dec31
42.2 km	CA	1980Feb10	San Diego	Phidippides Marathon		0	1984Dec31
42.2 km	CA	1982Apr25	San Francisco	Avon International Women 's Marathon		0	1984Dec31
42.2 km	CA	1978Sep17	San Francisco	YMCA Golden Gate Maratho n		p/p	1979Sep16
42.2 km	CA	1979Sep16	San Francisco	Golden Gate Marathon		p/p	1979Nov22
42.2 km	CA	1979Nov22	San Francisco	Golden Gate Marathon		p/p	
42.2 km	CA	1982Oct16	San Francisco	Golden Gate Marathon		p/p	1984Dec31
42.2 km	CA	1977Mar18	San Francisco	San Francisco Marathon		0	1979Jun09
42.2 km	CA	1979Jun09	San Francisco	San Francisco Marathon		0	1981Jun26
42.2 km	CA	1981Jun26	San Francisco	San Francisco Marathon		0	
42.2 km	CA	1982Jun20	San Francisco	San Francisco Marathon		0	
42.2 km	CA	1981Jan18	San Luis Obispo	Red Cross Marathon		0	1984Dec31
42.2 km	CA	1972Apr07	San Martin	San Martin Marathon		0	1984Dec31
42.2 km	CA	1980Mar22	San Mateo	Sri Chinmoy Marathon		0	1984Dec31
42.2 km	CA	1983Jul11	Santa Ana	Centennial Regional Park Marathon		0	
42.2 km	CA	1967Apr05	Santa Barbara	Santa Barbara Marathon		0	1977Sep25
42.2 km	CA	1977Sep25	Santa Barbara	Santa Barbara Marathon		0	1984Dec31
42.2 km	CA	1978Jun01	Santa Monica	Santa Monica Marathon		0	1979Aug27
42.2 km	CA	1979Aug27	Santa Monica	Santa Monica Marathon		0	
42.2 km	CA	1983Aug14	Santa Monica	Santa Monica Marathon		0	
42.2 km	CA	1968Mar09	Santa Rosa	Santa Rosa Marathon		0	1984Dec31
42.2 km	CA	1981Aug11	Stockton	Stockton Marathon		0	
42.2 km	CA	1982Oct16	Stockton	Stockton Marathon		0	1984Dec31
42.2 km	CA	1979Apr23	Ukiah	Russian River Marathon		0	1984Dec31
42.2 km	CA	1972Mar26	Weott	Avenue of Giants Maratho n		0	1984Dec31
42.2 km	CA	1979Oct06	Weott	Humboldt Redwoods Marath on		0	1984Dec31
9.95 km	CA	1981Dec13	Anaheim	Tennisland Open (9.95K)		0	1984Dec31
13 mi	CA	1981Feb22	Davis	Sri Chinmoy 13mi		0	1984Dec31
7 mi	CA	1981Mar15	Fallbrook	Avenue of the Oaks 7mi		?	1984Dec31

7 mi	CA	1981Sep06	Foster City	Sri Chinmoy 7mi		0
7 mi	CA	1982Sep12	Foster City	Sri Chinmoy 7mi		0 1984Dec31
13 mi	CA	1980Jan26	Foster City	Sri Chinmoy 13mi		0 1984Dec31
4 mi	CA	1982Aug16	Guadalupe	Restoration Run 4mi		0 1984Dec31
2 km	CA	1978Dec20	Los Angeles	Run for Health 2K		0 1984Dec31
3.82 1mi	CA	1980Oct19	Los Gatos	Great Race (3.821mi)		p/p 1984Dec31
9.6 2mi	CA	1966Feb20	Montebello	Montebello (9.602mi)		0
6.21 1mi	CA	1978Oct29	Pasadena	LA College of Chiropract	ic (6.211mi)	0 1984Dec31
15 mi	CA	1965Nov22	Phelen	Phelen 15 (mi)		0
2.5 mi	CA	1976May11	Point Loma	Turtles (2.5mi)		p/p 1984Dec31
3 mi	CA	1979Aug02	San Diego	Balboa Park 3mi		0 1984Dec31
8 mi	CA	1979Aug02	San Diego	Balboa Park 8mi		0 1984Dec31
13 km	CA	1980Oct31	San Diego	Coranado-Balboa dirt 13K		p/p 1984Dec31
13 km	CA	1980Oct31	San Diego	Coranado-Balboa paved 13	K	p/p 1984Dec31
40 km	CA	1978Mar15	San Diego	De Anza Cove Loop 40K (R	acewalk)	0 1984Dec31
6 mi	CA	1965Jun18	San Fernando	San Fernando 6mi		?
7.63 mi	CA	1980Apr25	San Francisco	Bay to Breakers (7.63mi)		p/p
7.51 mi	CA	1982May08	San Francisco	Bay to Breakers (7.51mi)		0 p/p
8 mi	CA	1981Sep19	San Francisco	Bridge-to-Bridge 8mi		0 p/p 1984Dec31
1 mi	CA	1983Mar26	San Francisco	Freedom Mile		24.6 p/p
7 mi	CA	1980Oct04	San Francisco	Sri Chinmoy 7mi		p/p 1984Dec31
8 mi	CA	1983Jun26	San Marcos	Trash-to-Energy Dash 8mi		0
8 mi	CA	1981Sep28	Tiburon	Tiburon Classic (8mi)		0 1984Dec31
1 mi	CA	1983Jan05	West Covina	South Hills Classic (1mi	)	25.6 p/p 1984Dec31
1.11 5mi	CA	1976Feb27	Palo Alto	Walnut Festival 1.115mi	closed loop	0 1984Dec31
0.98 0km	CA	1978Mar15	San Diego	De Anza Cove 0.9805K clo	sed loop	0 1984Dec31
5 km	CA	1974Mar23	San Diego	El Monte Park 5K closed	loop	0 1984Dec31
10 km	CA	1974Mar23	San Diego	El Monte Park 10K closed	loop	0 1984Dec31
5 km	CA	1975Nov10	San Francisco	Golden Gate Park 5K clos	ed loop	0
3.08 6mi	CA	1977Jul10	Santa Rosa	Spring Lake Park 3.086mi	closed loop	0 1984Dec31
5 km	CO	1982Jul18	Broomfield	American Cancer Society	5K	0 1984Dec31
5 km	CO	1982Feb13	Broomfield	Leprechaun Leap 5K		p/p 1984Dec31
5 km	CO	1982Oct17	Broomfield	Pilgrim's Choice 5K		6.1 p/p 1984Dec31
5 km	CO	1981Oct24	Broomfield	Turkey Trot 5K		0
5 km	CO	1982Nov06	Broomfield	Turkey Trot 5K		0 1984Dec31
5 km	CO	1983Sep22	Castle Rock	Castle Pines 5K		0
5 km	CO	1983Aug03	Castle Rock	Swedish Pancake 5K		0
5 km	CO	1982Aug15	Denver	Charge n' Chug 5K		4.3 p/p 1984Dec31
5 km	CO	1983May03	Denver	Columbine Classic		0
5 km	CO	1983Jul01	Denver	Coors Light Challenge 5K		0
5 km	CO	1980Aug06	Denver	Go for Gold 5K		0 p/p 1984Dec31
5 km	CO	1983Jun11	Denver	Greater Denver 5K		2.4 p/p
5 km	CO	1983Oct21	Denver	Kempes Kilometers 5K		0
5 km	CO	1981Jun20	Denver	Lite Beer 5K		0 1984Dec31
5 km	CO	1983Jun02	Denver	Olympic Hall of Fame 5K		0
5 km	CO	1983Mar12	Denver	Police Athletic League 5	K	0
5 km	CO	1983Jul14	Evergreen	Evergreen Town Race 5K		24.4 p/p
5 km	CO	1978Oct11	Ft Collins	Dames Distance Derby 5K		0 1984Dec31
5 km	CO	1983Jun13	Greeley	Run Against Crime 5K		10.1 p/p
5 km	CO	1983Apr17	Greenwood Village	Rolm Run for Life 5K		0
5 km	CO	1983Sep11	Lakewood	Family Builders 5K		0
5 km	CO	1982Aug15	Lakewood	Lakewood on Parade 5K		0 1984Dec31
5 km	CO	1982Aug10	Littleton	Highline Canal 5K		0 1984Dec31
5 km	CO	1982Aug22	Littleton	Van Schaack Run for Life	5K	2.4 p/p 1984Dec31
5 km	CO	1981Sep26	Vail	Vailfest Confidence Run		0 1984Dec31
5 km	CO	1983Sep04	Wheatridge	Farmers 5K		0
10 km	CO	1981Mar22	Boulder	Bolder Boulder		-2.4 p/p 1984Dec31
10 km	CO	1982Jul18	Broomfield	American Cancer Society	10K	0 1984Dec31
10 km	CO	1981Dec05	Broomfield	Frosty's Frigid Frolic 1	0K	0 1984Dec31

10 km	CO	1982Oct17	Broomfield	Pilgrim's Choice 10K			3 p/p	1984Dec31
10 km	CO	1981Oct24	Broomfield	Turkey Trot 10K			0	
10 km	CO	1982Nov06	Broomfield	Turkey Trot 10K			0	1984Dec31
10 km	CO	1983Sep22	Castle Rock	Castle Pines 10K			0	
10 km	CO	1983Aug03	Castle Rock	Swedish Pancake 10K			0	
10 km	CO	1983Jul08	Colorado Springs	Pepsi Challenge 10K			0	
10 km	CO	1982Mar14	Denver	Aurora YMCA 10K (Lowry A	FB)		0	1984Dec31
10 km	CO	1980Aug06	Denver	Bar-S Stampede 10K			0	1984Dec31
10 km	CO	1982Jun27	Denver	Dannon 10K			0	
10 km	CO	1981May30	Denver	(Coors-)Delta Peachtree	10K		-1.5 p/p	1984Dec31
10 km	CO	1979May13	Denver	Diet Pepsi Regional 10K			0	1979Dec31
10 km	CO	1980May24	Denver	Diet Pepsi 10K			0	
10 km	CO	1982Jun13	Denver	Diet Pepsi 10K			0	1984Dec31
10 km	CO	1980Aug24	Denver	Governor's Cup 10K			p/p	1981Aug16
10 km	CO	1981Aug16	Denver	Governor's Cup 10K			p/p	1984Dec31
10 km	CO	1983Jun11	Denver	Greater Denver 10K			0	
10 km	CO	1983Oct21	Denver	Kempes Kilometers 10K			0	
10 km	CO	1980Mar30	Denver	Ken-Caryl Ranch 10K			0	1984Dec31
10 km	CO	1981May13	Denver	L'Eggs-YWCA 10K			0	1984Dec31
10 km	CO	1983Oct30	Denver	Run for the Zoo 10K			0	
10 km	CO	1983Aug10	Denver	Scholl Pro-Comfort & Str	ut Your Stff		0	
10 km	CO	1979Jul15	Denver County	Colorado Day 10K			0	1984Dec31
10 km	CO	1980Aug09	Dillon	Run the Rockies 10K			0	1984Dec31
10 km	CO	1983Jul14	Evergreen	Evergreen Town Race			12.2 p/p	
10 km	CO	1978Oct11	Ft Collins	Dames Distance Derby 10K			0	1984Dec31
10 km	CO	1983Jul21	Ft Collins	United Bank Challenge 10	K		0	
10 km	CO	1983Apr17	Greenwood Village	Rolm Run for Life 10K			0	
10 km	CO	1981Aug09	Lakewood	Lakewood on Parade 10K			0	
10 km	CO	1982Jul31	Lakewood	Lakewood on Parade 10K			0	1984Dec31
10 km	CO	1983Jun08	Leadville	Leadville 10K			0	
10 km	CO	1982Aug10	Littleton	Highline Canal 10K			0	1984Dec31
10 km	CO	1982Aug22	Littleton	Van Schaack Run for Life	10K		0	1984Dec31
10 km	CO	1983Sep20	Nederland	Neder-Nederland 10K			6.5 p/p	
10 km	CO	1971Sep25	Pueblo	Southern Colorado Colleg	e XC 10K		0	1984Dec31
10 km	CO	1981Sep26	Vail	Vaifest Confidence Run			0	1984Dec31
10 km	CO	1979Aug23	Wheatridge	Carnation Days 10K			0	1984Dec31
15 km	CO	1981Jul26	Broomfield	Restaurant Run			p/p	
15 km	CO	1982Jul18	Broomfield	Restaurant Run			p/p	1984Dec31
15 km	CO	1971Jul27	Littleton	Littleton 15K			0	1979Jun13
15 km	CO	1979Jun13	Littleton	Littleton Jaycee 15K			0	1980Jun25
15 km	CO	1980Jun25	Littleton	Jaycee 15K			0	1984Dec31
20 km	CO	1978Jul04	Colorado Springs	Summer Sports Festival 2	0K		0	1978Dec31
20 km	CO	1965Jun	Denver	Washington Park 20K			0	1984Dec31
20 km	CO	1979Jul17	Idaho Springs	Natural Light-Easter Sea	l 20K		16.8 p/p	1984Dec31
25 km	CO	1982Mar13	Broomfield	Aries 25K			0	1984Dec31
25 km	CO	1965Jun	Denver	Washington Park 25K			0	1984Dec31
25 km	CO	1969Jul23	Littleton	Littleton 25K			?	1984Dec31
50 km	CO	1979Jul04	Colorado Springs	National Sports Festival	50K		0	1984Dec31
5 mi	CO	1981Nov22	Broomfield	Pre-Christmas Run			0	1984Dec31
5 mi	CO	1981Apr11	Broomfield	Run for the Suds 5mi			0	1984Dec31
5 mi	CO	1983Feb26	Denver	Cherry Creek Sneak 5mi			0	
10 mi	CO	1978Jun04	Colorado Springs	Garden of the Gods 10mi			0	1978Dec31
10 mi	CO	1983Jul14	Colorado Springs	Garden of the Gods 10mi			0	
10 mi	CO	1963Dec	Denver	Washington Park 10mi			0	1984Dec31
50 mi	CO	1982Feb13	Jefferson County	Alfred E Packer Memorial	50mi		0	
50 mi	CO	1983Feb26	Douglas County	Alfred E Packer Memorial	50mi		0	
21.1 km	CO	1982Sep19	Ft Collins	Rawhide Half-Marathon			3.5 p/p	
21.1 km	CO	1982Jun27	Idaho Springs	Georgetown to Idaho Spri	ngs		15.9 p/p	1984Dec31
21.1 km	CO	1983Feb07	Windsor	Windsor Half-Marathon			0	
42.2 km	CO	1967Aug18	Alamosa	Alamosa Marathon			0	1984Dec31

42.2 km	CO	1978Jul04	Colorado Springs	National Sports Festival	Marathon	0	1978Dec31
42.2 km	CO	1979Jun02	Colorado Springs	National Sports Festival	Marathon	7.2 p/p	
42.2 km	CO	1983Jul01	Colorado Springs	National Sports Festival	Marathon	7.2 p/p	
42.2 km	CO	1978Oct07	Denver	Denver Marathon		0	1979Sep22
42.2 km	CO	1979Sep22	Denver	Denver Marathon		0	1980Aug30
42.2 km	CO	1980Aug30	Denver	Denver Marathon		0	1984Dec31
42.2 km	CO	1965Jun	Denver	Mile High Marathon		0	1971Dec31
42.2 km	CO	1973Jun09	Denver	Mile High Marathon		0	1978Apr08
42.2 km	CO	1978Apr08	Denver	Mile High Marathon		0	1979Apr08
42.2 km	CO	1979Apr08	Denver	Mile High Marathon		0	1980May03
42.2 km	CO	1980May03	Denver	Mile High Marathon		0	1981Feb22
42.2 km	CO	1981Feb22	Denver	Mile High Marathon		0	
42.2 km	CO	1983Apr10	Denver	United Bank Mile High Ma	rathon	0	
42.2 km	CO	1979Aug11	Dillon	Summit County Marathon		9.4 p/p	1980Aug03
42.2 km	CO	1980Aug03	Dillon	Summit County Marathon		9.4 p/p	1981Aug02
42.2 km	CO	1981Aug02	Dillon	Summit County Marathon		8.7 p/p	1984Dec31
42.2 km	CO	1982Sep19	Ft Collins	Rawhide Marathon		5.1 p/p	
42.2 km	CO	1983Jul07	Ft Collins	Rawhide Marathon		5.3 p/p	
42.2 km	CO	1979May28	Grand Junction	Mesa Monument News Media	Marathon	-0.9 p/p	1980Jul07
42.2 km	CO	1980Jul07	Grand Junction	Mesa Monument Marathon		0	
42.2 km	CO	1983Jun17	Grand Junction	Colorado Daily Sentinel	Marathon	0	
42.2 km	CO	1979Aug15	Pueblo	Dam Run Marathon		0	1984Dec31
42.2 km	CO	1979May12	Sterling	Sterling Marathon		0	1984Dec31
2.2 4mi	CO	1963Dec	Denver	Washington Park 2.204mi	closed loop	0	1984Dec31
10 km	CT	1982Apr30	Hartford	G Fox Women's 10K		0	1984Dec31
10 km	CT	1982Sep19	Hartford	Hartford Mini-marathon		0	
20 km	CT	1978Jul08	New Haven	New Haven 20K		0	
100 km	CT	1974Apr20	Kent	Lake Warramaug 100K		0	1984Dec31
5 mi	CT	1982Sep21	Bloomfield	Hartford Corporate Cup 5	mi	0	1984Dec31
5 mi	CT	1980Aug31	New Hartford	New Hartford Day 5mi		0	1984Dec31
5 mi	CT	1981Feb24	Old Greenwich	Sri Chinmoy 5mi		0	1984Dec31
5 mi	CT	1979Apr29	Pleasant Valley	Barkhamsted Lions Club 5	mi	0	1980Nov15
5 mi	CT	1980Nov15	Pleasant Valley	Riverton River 5mi		0	1984Dec31
5 mi	CT	1982May10	West Hartford	Elizabeth Park 5mi		0	1984Dec31
5 mi	CT	1982Sep21	West Hartford	St Joseph's College 5mi		0	1984Dec31
50 mi	CT	1974Apr20	Kent	Lake Warramaug 50mi		0	1984Dec31
42.2 km	CT	1980Jun29	East Lyme	East Lyme Marathon (cour	se A)	0	1981Aug23
42.2 km	CT	1981Aug23	East Lyme	East Lyme Marathon (cour	se A)	0	1984Dec31
42.2 km	CT	1980Jul26	East Lyme	East Lyme Marathon (cour	se B)	0	1981Aug23
42.2 km	CT	1981Aug23	East Lyme	East Lyme Marathon (cour	se B)	0	1984Dec31
42.2 km	CT	1977Dec15	Middletown	John W English Marathon		0	1984Dec31
42.2 km	CT	1979Aug17	Ridgefield	Ridgefield Marathon		0	1984Dec31
42.2 km	CT	1979Oct22	Ridgefield	Volunteers Marathon		0	1984Dec31
2 mi	CT	1983Jul30	Hartford	GHADA hartford 2mi		3.8 p/p	
6.43 mi	CT	1982Jul16	Hartford	Joe Vailonis (6.43mi)		0	1984Dec31
8.78 7mi	CT	1973May19	Ledyard	Ledyard Fair (8.787mi)		0	1984Dec31
14.07 km	CT	1979Oct07	Pleasant Valley	Pleasant Valley Parametr	ic (14.07K)	0	1980Nov15
14.07 km	CT	1979Oct07	Pleasant Valley	Pleasant Valley Parametr	ic (14.07K)	0	1984Dec31
7.66 mi	CT	1974Apr20	Kent	Lake Warramaug 7.66mi cl	osed loop	0	1984Dec31
10 km	DC	1984Jan02	Washington	American University 10K		0	
10 km	DC	1980Apr06	Washington	Bonne Bell 10K (Hains Pt	out/back)	0	
10 km	DC	1975Feb08	Washington	East Potomac Park (Hains	Point) 10K	0	1977May28
10 km	DC	1983May21	Washington	Georgetown University 10	K	0	
10 km	DC	1983Sep11	Washington	Georgia Avenue Day 10K		0	
10 km	DC	1977May28	Washington	Hains Point 10K (loops)		0	
10 km	DC	1982May01	Washington	Hains Point 10K (loops)		0	1984Dec31
10 km	DC	1983May03	Washington	West Potomac Park 10K (B	onne Bell &)	0	
15 km	DC	1984Jan02	Washington	American University 15K		0	

15 km	DC	1983Jan15	Washington	Avon Women's 15K		0
15 km	DC	1975Feb08	Washington	East Potomac Park (Hains Point) 15K		0
15 km	DC	1982May01	Washington	Hains Point 15K		0 1984Dec31
15 km	DC	1981May10	Washington	Washington Urban League 15K		0 1984Dec31
20 km	DC	1984Jan02	Washington	American University 20K		0
20 km	DC	1975Feb08	Washington	East Potomac Park (Hains Point) 20K		0
20 km	DC	1982May01	Washington	Hains Point 20K		0 1984Dec31
25 km	DC	1984Jan02	Washington	American University 25K		0
25 km	DC	1972Jan16	Washington	East Potomac Park (Hains Point) 25K		0
25 km	DC	1982May01	Washington	Hains Point 25K		0 1984Dec31
30 km	DC	1975Feb03	Washington	East Potomac Park (Hains Point) 30K		0
30 km	DC	1982May01	Washington	Hains Point 30K		0 1984Dec31
50 km	DC	1975Feb03	Washington	East Potomac Park (Hains Point) 50K		0
50 km	DC	1982May01	Washington	Hains Point 50K		0 1984Dec31
100 km	DC	1975Feb08	Washington	East Potomac Park (Hains Point) 100K		0
100 km	DC	1982May01	Washington	Hains Point 100K		0 1984Dec31
5 mi	DC	1983Sep18	Washington	Foot Locker Partners (W Potomac Pk)		0
10 mi	DC	1976Mar11	Washington	Cherry Blossom		0 1976Oct14
10 mi	DC	1976Oct14	Washington	Cherry Blossom		0 1978Apr09
10 mi	DC	1978Apr09	Washington	Cherry Blossom		0 1981Feb22
10 mi	DC	1981Feb22	Washington	(Perrier) Cherry Blossom		0 1984Dec31
42.2 km	DC	1983Apr02	Washington	DC Marathon		0
42.2 km	DC	1976Jul25	Washington	Marine Corps Marathon		0 1979Aug22
42.2 km	DC	1979Aug22	Washington	Marine Corps Marathon		0
42.2 km	DC	1983Aug21	Washington	Marine Corps Marathon		0
42.2 km	DC	1973Oct07	Washington	Power (National Capital) Marathon		0
36 mi	DC	1979Sep27	Washington	Two Bridges 36mi		0 1984Dec31
5 km	DC	1975Feb08	Washington	E Potomac Pk (Hains Pt) 5K clsd loop		0
10 km	DE	1979Sep16	Wilmington	Athletes vs MS 10K		0 1984Dec31
10 mi	DE	1979Mar25	Newark	Avon Women's 10mi		0 1984Dec31
21.1 km	DE	1981Mar08	Wilmington	Caesar Rodney Half-Marat hon		0 1984Dec31
42.2 km	DE	1980Mar15	Delaware City	Minuteman Marathon		0 1984Dec31
42.2 km	DE	1979Jul14	Lewes	Lewes Seashore Marathon		p/p 1984Dec31
5 km	FL	1982Nov28	Altamonte Springs	Thompson's Nautilus 5K		0 1984Dec31
5 km	FL	1983Sep11	Clearwater	Nat'l TAC Masters & W FI orida Y RC		0
5 km	FL	1980Oct07	Melbourne	Wickham Park 5K		0 1984Dec31
5 km	FL	1981Aug02	Orange Park	Florida Striders Twilight t 5K		0 1984Dec31
5 km	FL	1982Nov28	Winter Park	Lady Track Shack 5K		0 1984Dec31
8 km	FL	1983Jan13	Orlando	Walt Disney World/Track Shack 8K		0
10 km	FL	1979Jul17	Bartow	Freedom Days 10K		0 1984Dec31
10 km	FL	1982Jun12	Boca Raton	Dannon Royal Palm Festiv al 10K		0 1984Dec31
10 km	FL	1979Oct01	Brooksville	Flatlanders Challenge 10 K		0 1980Dec06
10 km	FL	1980Dec06	Brooksville	Flatlanders Challenge 10 K		0 1984Dec31
10 km	FL	1983Jun26	Clearwater	Share Health/Labor Day C lassic		0
10 km	FL	1983Jul31	Clearwater	Times Turkey Trot & Fitn ess Day 10K		0
10 km	FL	1982May29	Clearwater	West Florida Y & Bran Ch ex 10K		0 1984Dec31
10 km	FL	1980May13	Coral Gables	Coral Gables 10K		0 1984Dec31
10 km	FL	1980Nov05	Deerfield Beach	Avon Women's 10K (Deer C reek)		1981Dec04
10 km	FL	1981Dec04	Deerfield Beach	Avon Women's 10K (Deer C reek)		0 1984Dec31
10 km	FL	1978Dec06	Deerfield Beach	Diet Pepsi 10K		p/p 1984Dec31
10 km	FL	1980Sep21	Fernandina Beach	Across the Island 10K		p/p 1984Dec31
10 km	FL	1979Dec15	Ft Lauderdale	Heart Run		0 1984Dec31
10 km	FL	1977Mar19	Ft Walton Beach	Sand Dollar Chase 10K (f rom Deston)		p/p 1984Dec31
10 km	FL	1981Aug23	Hallandale	Florida Derby Festival 1 OK		0
10 km	FL	1983Jan29	Hallandale	Florida Derby Festival 1 OK		0
10 km	FL	1983Sep04	Jacksonville	Great Barnett Bank Manda run 10K		0
10 km	FL	1981Jan24	Key West	Last Resort 10K		0 1984Dec31
10 km	FL	1981Feb15	Lakeland	Cancer Challenge Classic		0 1984Dec31

10 km	FL	1981Aug09	Lakeland	Lake-to-Lake & United Wa	y 10K	0	1984Dec31
10 km	FL	1983Nov12	Leesburg	Leesburg Classic		0	
10 km	FL	1980Oct07	Melbourne	Wickham Park 10K		0	1984Dec31
10 km	FL	1981Dec12	Miami	Evian Run		0	1984Dec31
10 km	FL	1981Aug25	Miami	Jordan Marsh Labor Day 1	0K	0	1984Dec31
10 km	FL	1979Sep26	Miami	Key Biscayne Lighthouse	10K	p/p	1984Dec31
10 km	FL	1982Jan10	Miami	Magic City 10K		0	1984Dec31
10 km	FL	1982Jan02	Miami	Race of the Americas 10K		0	1984Dec31
10 km	FL	1982Jan10	Miami Springs	Tour of Miami Springs		0	1984Dec31
10 km	FL	1982Mar09	Mt Dora	Sheriffs 10K		0	1984Dec31
10 km	FL	1982Jul10	Orlando	Run with the Sun 10K		0	1984Dec31
10 km	FL	1982Sep14	Ormond Beach	The Trails 10K		0	1984Dec31
10 km	FL	1979Oct06	Palatka	Azalea Run 10K		0	1984Dec31
10 km	FL	1982Dec11	Palm Beach Gardens	Diet Pepsi-PGA National	10K	0	1984Dec31
10 km	FL	1983Mar06	Panama City	Diet Pepsi 10K		0	
10 km	FL	1983Feb19	Panama City	Engineers Week 10K		0	
10 km	FL	1978Apr06	Pensacola	Fiesta of Five Flags 10K		2.7 p/p	1984Dec31
10 km	FL	1983Oct16	Pensacola	Monsanto Textile Week 10	K	0	
10 km	FL	1981Oct04	Perry	Forest Festival 10K & Gr	eat Race	0	1984Dec31
10 km	FL	1980Oct02	Tallahassee	Racing South Lady 10K		0	1984Dec31
10 km	FL	1982Nov27	Wilton Manors	Wilton Manors 10K		0	1984Dec31
10 km	FL	1980Dec06	Winter Haven	Citrus Classic		0	1984Dec31
10 km	FL	1981Dec13	Winter Park	Winter Park Road Race		0	1984Dec31
15 km	FL	1983Oct30	Clearwater	Cross City Race & W Flor	ida Y RC 15K	0	
15 km	FL	1979Feb01	Jacksonville	River Run		0	1980Feb24
15 km	FL	1980Feb24	Jacksonville	River Run		0	1984Dec31
15 km	FL	1979Nov07	Tampa	Gasparilla Classic		0	1984Dec31
30 km	FL	1981Nov18	Ormond Beach	Paul de Bruyn 30K		0 p/p	1984Dec31
50 km	FL	1978Oct01	Floridana Beach	Space Coast 50K		p/p	
50 km	FL	1980Nov04	Miami	Miami Runners 50K		0	1984Dec31
50 km	FL	1982Nov07	Tallahassee	Ultradistance Classic		0	1984Dec31
100 km	FL	1978Sep19	Miami	Mayors/Miami Runners 100	K	0	1980Nov04
100 km	FL	1980Nov04	Miami	Miami Runners 100K		0	1984Dec31
100 km	FL	1982Nov07	Tallahassee	Ultradistance Classic		0	1984Dec31
5 mi	FL	1983Feb16	Jacksonville	Manda Run		0	1984Dec31
5 mi	FL	1980Oct07	Melbourne	Wickham Park 5mi		0	1984Dec31
5 mi	FL	1983Mar05	Pensacola	Palafox Place Race		0	
10 mi	FL	1979Dec25	Gainesville	Florida TC 10mi		0	1980Dec14
10 mi	FL	1980Dec14	Gainesville	Florida TC 10mi		0	1984Dec31
10 mi	FL	1981Feb21	Lake Worth	Shamrock Run		0	1984Dec31
50 mi	FL	1979Jul22	Miami	Miami Runners 50mi		0	1980Nov04
50 mi	FL	1980Nov04	Miami	Miami Runners 50mi		0	1984Dec31
50 mi	FL	1982Nov07	Tallahassee	Ultradistance Classic		0	1984Dec31
21.1 km	FL	1981Jan25	Key West	Last Resort Half-Maratho	n	0	1984Dec31
21.1 km	FL	1979Jul09	Melbourne	Space Coast Half-Maratho	n	0	1980Aug31
21.1 km	FL	1980Aug31	Melbourne	Space Coast Half-Maratho	n	0	1984Dec31
21.1 km	FL	1983Oct17	Micanopy	Micanopy Half-Marathon		0	1984Dec31
21.1 km	FL	1981Sep12	Orlando	Tangerine Bowl Half-Mara	thon	0	1984Dec31
42.2 km	FL	1980Sep06	Brandon	Dennis C Allen Memorial	Marathon	0	1984Dec31
42.2 km	FL	1983Nov07	Clearwater	British-American Maratho	n	0	
42.2 km	FL	1980Jan20	Eglin AFB	Valentine Marathon		0	1984Dec31
42.2 km	FL	1973Mar03	Gainesville	Florida Relays Marathon		0	1984Dec31
42.2 km	FL	1978Sep09	Gainesville	Gainesville Marathon		0	1979Oct07
42.2 km	FL	1979Oct07	Gainesville	Gainesville Marathon		0	1984Dec31
42.2 km	FL	1983Oct18	Jacksonville	Jacksonville Marathon		p/p	
42.2 km	FL	1981Jan25	Key West	Last Resort Marathon		0	1984Dec31
42.2 km	FL	1977Oct15	Melbourne	Melbourne Marathon		0	1978Oct01
42.2 km	FL	1978Oct01	Melbourne	Space Coast Marathon		p/p	1980Aug17
42.2 km	FL	1980Aug17	Melbourne	Space Coast Marathon		0	1984Dec31
42.2 km	FL	1978Feb10	Miami	Greater Miami Marathon		0	



42.2 km	FL	1977Oct29	Miami	Orange Bowl Marathon		0
42.2 km	FL	1983Nov19	Miami	Orange Bowl Marathon		0 p/p
42.2 km	FL	1982Mar03	Mt Dora	Florida Sheriffs Maratho	n	0 1984Dec31
42.2 km	FL	1981Jul19	Orlando	Florida Festival Maratho	n	0
42.2 km	FL	1982Jun13	Orlando	Florida Festival Maratho	n	0 1984Dec31
42.2 km	FL	1980Oct29	Ormond Beach	Billy Gordon Memorial Ma	rathon	0 1984Dec31
42.2 km	FL	1981Oct27	Panama City	Panhandle Runners Marath	on	0
42.2 km	FL	1983May15	Pensacola	Blue Angel Marathon		0
42.2 km	FL	1982Oct09	St Petersburg	British-American Maratho	n	0 p/p
42.2 km	FL	1979May05	Tallahassee	Phidippides Marathon		0
42.2 km	FL	1983Nov25	Tallahassee	Tallahassee Marathon		0
42.2 km	FL	1983Oct18	Tyndall AFB	Tyndall Marathon		0
7.3 mi	FL	1983Apr12	Clermont	C of C Labor Day (7.3mi)		0
13 mi	FL	1980Jan20	Eglin AFB	Valentine 13mi		0 1984Dec31
7.8 km	FL	1977Dec24	Gainesville	National Junior AAU XC (	7.8K)	0 1984Dec31
0.5 mi	FL	1980Oct07	Melbourne	Wickham Park half mile		0 1984Dec31
1 mi	FL	1980Oct07	Melbourne	Wickham Park 1mi		0 1984Dec31
2 mi	FL	1980Oct07	Melbourne	Wickham Park 2mi		0 1984Dec31
3 mi	FL	1980Oct07	Melbourne	Wickham Park 3mi		0 1984Dec31
4 mi	FL	1980Oct07	Melbourne	Wickham Park 4mi		0 1984Dec31
6 mi	FL	1980Oct07	Melbourne	Wickham Park 6mi		0 1984Dec31
1.07 9mi	FL	1979Jul22	Miami	Miami Runners 1.079mi cl	osed loop	0 1984Dec31
5 km	GA	1983Jul11	Atlanta	Peachtree Park Rainbow R	un	0
5 km	GA	1979Sep08	Conyers	Optimist 5K		0 1984Dec31
5 km	GA	1982Jul31	Douglas	Bear Creek Streak 5K		0 1984Dec31
5 km	GA	1979Jul15	Douglas	Douglas Road 5K		0 1984Dec31
5 km	GA	1983Aug21	Milledgeville	Milledgeville Road Race		0
5 km	GA	1979Jun27	Rome	Chieftains & Viking Clas	sic	p/p 1984Dec31
5 km	GA	1979Oct26	Waycross	Autumn Run		0 1984Dec31
8 km	GA	1982Jun30	Columbus	Textile 8K		0 1984Dec31
8 km	GA	1982Aug15	Norcross	Phidippides Labor Day 8K		0 1984Dec31
10 km	GA	1981Mar30	Atlanta	Avon Atlanta 10K		0 1984Dec31
10 km	GA	1979Feb25	Atlanta	Diet Pepsi 10K		0 1984Dec31
10 km	GA	1974May23	Atlanta	Peachtree		p/p 1978Jan07
10 km	GA	1978Jan07	Atlanta	Peachtree		-1.2 p/p 1978Apr30
10 km	GA	1978Apr30	Atlanta	Peachtree		p/p 1979Apr29
10 km	GA	1979Apr29	Atlanta	Peachtree		3 p/p
10 km	GA	1974Oct26	Atlanta	Westminster HS 10K		0 1984Dec31
10 km	GA	1979Apr15	Augusta	Broad Street Ramble		p/p
10 km	GA	1983Mar12	Augusta	Broad Street Ramble		4.7 p/p
10 km	GA	1980Jun22	Augusta	Tillie Ten K		? 1984Dec31
10 km	GA	1983Aug21	Barnesville	Buggython 10K		0
10 km	GA	1979Jul15	Douglas	Douglas Road 10K		0 1984Dec31
10 km	GA	1982Mar15	Douglas	Easter 10K		0 1984Dec31
10 km	GA	1981May16	Douglas	Holiday Beach 10K		0 1984Dec31
10 km	GA	1981Nov29	Douglas	St Valentine Sweetheart	10K	0 1984Dec31
10 km	GA	1979Jan20	Dublin	Leprechaun Marathon [10K	]	p/p 1984Dec31
10 km	GA	1980Jul16	Griffin	Radio 10K		1.5 p/p 1984Dec31
10 km	GA	1981Mar29	Louisville	Soybean Shuffle		0 1984Dec31
10 km	GA	1978Jun30	Macon	Macon Road Race		p/p 1984Dec31
10 km	GA	1983Aug21	Milledgeville	Milledgeville Road Race		0
10 km	GA	1981Aug30	Rome	Rainbow 10K		0 1984Dec31
10 km	GA	1979Jul31	Rome	Viking Classic		0 1984Dec31
10 km	GA	1979Mar20	Vidalia	Onion Run		0 1984Dec31
10 km	GA	1979Oct26	Waycross	Autumn Run		0 1984Dec31
15 km	GA	1983Oct08c	Pine Mountain	Callaway Gardens 15K		0
15 km	GA	1979Jul31	Rome	Chieftains Road 15K		0 1984Dec31
20 km	GA	1979Feb22	Atlanta	Nike Club Champs (Team R	ace) 20K	0 1984Dec31
20 km	GA	1974Oct26	Atlanta	Westminster HS 20K		0 1984Dec31

20 km	GA	1978Aug31	Bainbridge	The Pine Run		0	1984Dec31
25 km	GA	1979Apr10	Waycross	Swamp Run 25K		p/p	1980Mar28
25 km	GA	1980Mar28	Waycross	Swamp Run 25K		p/p	1984Dec31
5 mi	GA	1980Jan12	Conyers	Heart Fund 5mi		0	1984Dec31
5 mi	GA	1974Mar09	Stone Mountain	Stone Mountain 5mi		0	1984Dec31
10 mi	GA	1975Jan06	Smyrna	St Thomas 10mi		0	1984Dec31
10 mi	GA	1980Jan21	Stone Mountain	Avon Atlanta 10mi		0	1984Dec31
50 mi	GA	1974Mar09	Stone Mountain	Stone Mountain 50mi		0	1984Dec31
21.1 km	GA	1979Jan21	Atlanta	Avon Women's Half-Marath	on	0	1984Dec31
21.1 km	GA	1980Oct12	Augusta	Augusta Half-Marathon		0	1984Dec31
21.1 km	GA	1981Jan24	Columbus	Georgia Half-Marathon		0	
21.1 km	GA	1982Dec18	Columbus	Georgia Half-Marathon		0	1984Dec31
21.1 km	GA	1980Jul06	Conyers	Conyers Half-Marathon		0	1984Dec31
21.1 km	GA	1979Dec	Savannah	Savannah Half-Marathon		0	
21.1 km	GA	1983Aug21	Savannah	Savannah Half-Marathon		0	1984Dec31
21.1 km	GA	1980Aug24	Toccoa	Burger King Half-Maratho	n	0	1984Dec31
42.2 km	GA	1979Feb25	Alma	Alma-Douglas Marathon		p/p	1984Dec31
42.2 km	GA	1980Jan12	Athens	Phidippides Marathon		0	
42.2 km	GA	1983Jan31	Athens	Athens Marathon		0	
42.2 km	GA	1982Sep26	Atlanta	Atlanta Marathon		0	1984Dec31
42.2 km	GA	1977Jun05	Atlanta	Avon Women's Marathon		0	1984Dec31
42.2 km	GA	1974Feb16	Atlanta	Peach Bowl Marathon		0	
42.2 km	GA	1978Dec03	Augusta	Augusta Marathon		0	1979Nov24
42.2 km	GA	1979Nov24	Augusta	Augusta Marathon		0	1980Oct12
42.2 km	GA	1980Oct12	Augusta	Augusta Marathon		0	1984Dec31
42.2 km	GA	1981Jul11	Chickamauga	Chickamauga Battlefield	Marathon	0	1984Dec31
42.2 km	GA	1981Jan24	Columbus	Columbus Marathon		0	1981Nov01
42.2 km	GA	1981Nov01	Columbus	Columbus Marathon		0	
42.2 km	GA	1982Dec27	Columbus	Columbus Marathon		0	1984Dec31
42.2 km	GA	1980Jul06	Conyers	Conyers Marathon		0	1984Dec31
42.2 km	GA	1983Oct29	Ft Benning	Infantry Marathon		0	
42.2 km	GA	1980Sep27	Macon	Middle Georgia-Turkey Da	ys Marathon	2.7 p/p	1984Dec31
42.2 km	GA	1980Sep27	Macon	WMAZ Bud Light (MG-TD) M	arathon	2.7 p/p	1984Dec31
42.2 km	GA	1977Jul31	Pine Mountain	Callaway Gardens Maratho	n	0	
42.2 km	GA	1983Aug29	Pine Mountain	Callaway Gardens Maratho	n	0	
42.2 km	GA	1979Sep30	Powder Springs	Phidippides Marathon		0	1984Dec31
42.2 km	GA	1978Mar05	Savannah	Savannah Marathon		0	1979Dec31
42.2 km	GA	1979Dec	Savannah	Savannah Marathon		0	
42.2 km	GA	1983Aug21	Savannah	Savannah Marathon		0	1984Dec31
9 mi	GA	1974Jan05	Atlanta	Brookhaven 9mi		0	1984Dec31
1 mi	GA	1974Mar09	Atlanta	Decatur-De Kalb [County]	YMCA 1mi	p/p	1984Dec31
4 mi	GA	1974Mar09	Atlanta	Decatur-De Kalb [County]	YMCA 4mi	0	1984Dec31
6 mi	GA	1974May04	Atlanta	Northside YMCA 6mi		0	1984Dec31
7 mi	GA	1974May04	Atlanta	Peachtree Battle 7mi		0	1984Dec31
6 mi	GA	1974Jul13	Atlanta	Westminster 6mi		0	1984Dec31
6 mi	GA	1979Oct28	Augusta	Turkey Trot 6mi		0	1984Dec31
1 mi	GA	1983Aug21	Milledgeville	Milledgeville Road Race	(1mi)	0	
4 mi	GA	1975Jun06	Smyrna	St Thomas 4mi		0	1984Dec31
15 mi	GA	1979Apr10	Waycross	Swamp Run 15mi		p/p	1984Dec31
10 km	HI	1980Feb08	Honolulu	Hawaii Women's 10K		0	1984Dec31
10 km	HI	1983Jul03	Honolulu	Silver Jubilee Pepsi Cha	llenge 10K	0	
10 km	HI	1982Jan24	Keauhou-Kona	Keauhou-Kona 10K		0	1984Dec31
15 km	HI	1973Sep15	Honolulu	(Honolulu Marathon cours	e)	0	
15 km	HI	1980Jun20	Honolulu	Hickham AFB 15K		0	1984Dec31
15 km	HI	1983Feb12	Honolulu	Norman Tamanaha Memorial	15K	0	
25 km	HI	1973Sep15	Honolulu	(Honolulu Marathon cours	e)	?	1984Dec31
25 km	HI	1966Dec	Honolulu	National Junior AAU 25K		0	1984Dec31
30 km	HI	1983Aug10	Honolulu	Honsport 30K		0	
50 km	HI	1980May22	Honolulu	Coca-Cola 50K		0	1984Dec31

100 km	HI	1980May22	Honolulu	Coca-Cola 100K		0	1984Dec31
50 mi	HI	1980May22	Honolulu	Coca-Cola 50mi		0	1984Dec31
50 mi	HI	1977Sep24	Schofield Brcks	Schofield 50mi		0	1984Dec31
100 mi	HI	1980May22	Honolulu	Coca-Cola 100mi		0	1984Dec31
21.1 km	HI	1981Mar18	Kailua	Windward Half-Marathon		0	
21.1 km	HI	1983Mar01	Kailua	Windward Half-Marathon		0	
21.1 km	HI	1982Feb13	Keauhou-Kona	Keauhou-Kona Half-Marath	on	0	1984Dec31
42.2 km	HI	1976May08	Hilo	Big Island Marathon		0	
42.2 km	HI	1983Apr02	Hilo	Big Island Marathon		0	
42.2 km	HI	1973Sep15	Honolulu	Honolulu Marathon		0	
42.2 km	HI	1983Sep24	Honolulu	Honolulu Marathon		-0.1	p/p
42.2 km	HI	1981Mar18	Kailua	Windward Marathon		0	
42.2 km	HI	1983Jan25	Kailua	Windward Marathon		0	
42.2 km	HI	1978Sep10	Lihue	Garden Island Marathon		0	1984Dec31
42.2 km	HI	1978Mar31	Maui	Maui Marathon		p/p	1979Feb24
42.2 km	HI	1979Feb24	Maui	Maui Marathon		0	
42.2 km	HI	1983Jan07	Maui	Maui Marathon		0	p/p
5 km	IA	1982May15	Ames	Midnight Madness 5K		0	
5 km	IA	1983Feb29	Ames	Midnight Madness 5K		0	1984Dec31
10 km	IA	1982May15	Ames	Midnight Madness 10K		0	
10 km	IA	1983Mar12	Ames	T-Galaxy-KCCQ 10K		0	1984Dec31
10 km	IA	1981May12	Cedar Rapids	Memorial Day 10K		0	
10 km	IA	1982Mar28	Cedar Rapids	Memorial Day 10K		0	1984Dec31
10 km	IA	1982Mar23	Davenport	Keep America Beautiful 1	OK	0	1984Dec31
10 km	IA	1981Aug08	Davenport	Shorty Quickbreath & Har	dee's 10K	0	1984Dec31
10 km	IA	1981Sep26	Des Moines	Governor's Cup 10K		0	1984Dec31
10 km	IA	1980May19	Eldridge	Eldridge 10K		0	1984Dec31
10 km	IA	1979Oct29	Everly	Everly-Coors 10K		0	1984Dec31
10 km	IA	1983Sep08	Hamburg	Tri-State 10K		-0.5	p/p
10 km	IA	1982Jun01	Hull	Hull-K Run		0	1984Dec31
10 km	IA	1979Jun02	Low Moore	Low Moore 10K		0	1984Dec31
10 km	IA	1981Oct10	Waterloo	Lite My Waterloo 10K		0	
10 km	IA	1982Aug21	Waterloo	Lite My Waterloo 10K		0	
10 km	IA	1979May06	Waverly	Lutheran Mutual Life 10K		p/p	1984Dec31
20 km	IA	1983Feb29	Ames	Midnight Madness 20K		0	1984Dec31
25 km	IA	1982May15	Ames	Midnight Madness 25K		0	
5 mi	IA	1983Aug22	Dubuque	Dubuque Benefit Classic		0	
50 mi	IA	1971Aug17	Des Moines	Waterworks Park 50mi		0	1984Dec31
21.1 km	IA	1981Apr10	Cedar Rapids	Memorial Day Half-Marath	on	0	
21.1 km	IA	1983Jul31	Cedar Rapids	Sturgis Falls Half-Marat	hon	0	
21.1 km	IA	1983Jun19	Dubuque	Benefit Classic		0	
21.1 km	IA	1983May24	Hull	Hull-K Run Half-Marathon		0	
21.1 km	IA	1982Apr01	Waverly	Lutheran Mutual Life (He	ritage) Half	-0.9	p/p 1984Dec31
42.2 km	IA	1972Jun25	Ames	Cyclone Country Marathon		0	1984Dec31
42.2 km	IA	1980May20	Cedar Rapids	Memorial Day Marathon		0	1984Dec31
42.2 km	IA	1979May04	Des Moines	Drake Relays Marathon		0	
42.2 km	IA	1982Apr07	Des Moines	Drake Relays Marathon		0	1984Dec31
42.2 km	IA	1978Oct15	Iowa City	Iowa City MS Marathon		0	1984Dec31
42.2 km	IA	1970Nov24	Redfield	Redfield Marathon		p/p	
42.2 km	IA	1982Mar27	Rock Valley	Valley Freedom Days Mara	thon	0	1984Dec31
42.2 km	IA	1976May04	Sioux City	Sioux City to Le Mars		p/p	1976Dec31
42.2 km	IA	1979Jun02	Winterset	Covered Bridge Marathon		0	1984Dec31
6 mi	IA	1979May21	Clinton	Riverboat Days 6mi		0	1984Dec31
7 mi	IA	1979May13	Davenport	Bix 7mi		0	1981May29
7 mi	IA	1981May29	Davenport	Bix 7mi		0	
7 mi	IA	1983May07	Davenport	Bix 7mi		0	1984Dec31
9.17 8mi	IA	1967May	Des Moines	Des Moines (9.178mi)		?	
15 km	ID	1983Mar06	Nampa	Jerry's Stampede 15K		0	

42.2 km	ID	1980Apr11	Boise	Great Potato Marathon		1.4 p/p	1981Apr19
42.2 km	ID	1981Apr19	Boise	Great Potato Marathon		1.4 p/p	1984Dec31
42.2 km	ID	1981Aug30	Boise	Les Bois Marathon		0	1984Dec31
42.2 km	ID	1978Apr30	Coeur d'Alene	Coeur d'Alene Marathon		0	1980Apr05
42.2 km	ID	1980Apr05	Coeur d'Alene	Coeur d'Alene Marathon		0	1984Dec31
42.2 km	ID	1982Jun11	Idaho Falls	Indian Summer Marathon		0	1984Dec31
42.2 km	ID	1979Nov10	Ketchum	Sun Valley Marathon		?	1984Dec31
42.2 km	ID	1980Apr19	Salmon	Salmon River Days Marath	on	3.8 p/p	1984Dec31
5 km	IL	1982May30	Chicago	Chinatown 5K		0	1984Dec31
5 km	IL	1982Mar27	Chicago	Midwest Racewalk 5K		0	1984Dec31
5 km	IL	1982Jul17	Chicago	Minizide 5K		0	1984Dec31
5 km	IL	1979Jun16	Des Plaines	Great Des Plaines Footra	ce 5K	0	1984Dec31
5 km	IL	1982Oct30	Libertyville	Condell Memorial Hospita	l 5K	0	1984Dec31
10 km	IL	1980May31	Barrington	Barrington State Bank 10	K	0	1984Dec31
10 km	IL	1983Feb16	Carbondale	Lifestyling 10K		0	
10 km	IL	1973May06	Chicago	Jackson Park		0	1984Dec31
10 km	IL	1982Mar27	Chicago	Midwest Racewalk 10K		0	1984Dec31
10 km	IL	1980Jun29	Chicago	Sri Chinmoy 10K		0	1981Jul08
10 km	IL	1981Jul08	Chicago	Sri Chinmoy 10K		0	1984Dec31
10 km	IL	1981Apr05	Chicago	The Main Course 10K		0	1984Dec31
10 km	IL	1967Nov19	Chicago	Washington Park XC 10K		0	1984Dec31
10 km	IL	1982Sep28	Evanston	National Fitness & Kiwan	is Classic	0	1984Dec31
10 km	IL	1981Mar22	Fulton	Steve Klooster Memorial	10K	0	1984Dec31
10 km	IL	1982Apr25	Gibson City	Greyhound Classic		0	1984Dec31
10 km	IL	1981Sep26	Herrin	Herrin Fest 10K		0	1984Dec31
10 km	IL	1982May08	Highland Park	Haven Road Race		0	1984Dec31
10 km	IL	1980Sep06	Lake Bluff	Midwest Masters 10K		0	1984Dec31
10 km	IL	1981May29	Libertyville	Condell Distance Classic		0	1984Dec31
10 km	IL	1982Jun22	Marion	Cap City & Xmas Run & Pe	psi Chl & TT	0	1984Dec31
10 km	IL	1980Jul24	Monticello	Sage City 10K		0	
10 km	IL	1982Aug25	Monticello	Sage City 10K		0	1984Dec31
10 km	IL	1979Sep15	Oak Park	Frank Lloyd Wright 10K		0	1984Dec31
10 km	IL	1980Apr06	Palatine	Buehler YMCA World Servi	ce 10K	0	1984Dec31
10 km	IL	1982Jun12	Park Forest	Charity Classic		0	1984Dec31
10 km	IL	1979Jul03	River Forest	Community Center Classic		0	1984Dec31
10 km	IL	1982Mar14	Rock Island	Athlete's Foot & Quad Ci	ties 10K	0	1984Dec31
10 km	IL	1983Mar13	Rosemont	Turkey Trot 10K		0	
10 km	IL	1983Jun19	Sugar Grove	Boy Scouts Two River 10K		0	
10 km	IL	1981Mar31	Zion	Jubilee Days 10K		0	1984Dec31
12 km	IL	1982Oct17	Chicago	Bank of Commerce 12K		0	1984Dec31
15 km	IL	1976Oct31	Alton	River Road 15K		p/p	1984Dec31
15 km	IL	1973May06	Chicago	Jackson Park 15K		0	1984Dec31
15 km	IL	1979Jun16	Des Plaines	Great Des Plaines Footra	ce 15K	0	1984Dec31
15 km	IL	1972May21	Monticello	Allerton Park 15K		0	1984Dec31
20 km	IL	1980Aug09	Chicago	Avon Women's 20K		0	1984Dec31
20 km	IL	1982Oct30	Chicago	CARA Runoff 20K		0	1984Dec31
20 km	IL	1981Jul18	Chicago	Chicago Distance Classic		0	1984Dec31
20 km	IL	1973May06	Chicago	Jackson Park 20K		0	1984Dec31
20 km	IL	1982Mar27	Chicago	Midwest Racewalk 20K		0	1984Dec31
20 km	IL	1980Sep06	Lake Bluff	Midwest Masters 20K		0	1984Dec31
25 km	IL	1973May06	Chicago	Jackson Park 25K		0	1984Dec31
25 km	IL	1980Sep06	Lake Bluff	Midwest Masters 25K		0	1984Dec31
30 km	IL	1973May06	Chicago	Jackson Park 30K		0	1984Dec31
30 km	IL	1980Sep06	Lake Bluff	Midwest Masters 30K		0	1984Dec31
50 km	IL	1978Aug04	Aurora	D C 50K		0	1980Oct20
50 km	IL	1980Oct20	Aurora	D C 50K		0	1984Dec31
50 km	IL	1973May06	Chicago	Jackson Park 50K		0	1984Dec31
50 km	IL	1981Dec13	East Peoria	Running Central 50K		0	1984Dec31
100 km	IL	1978Aug04	Aurora	D C 100K		0	1984Dec31

100 km	IL	1981Sep19	Chicago	AMJA Ultramarathons 100K		0	1984Dec31
100 km	IL	1981Dec13	East Peoria	Running Central 100K		0	1984Dec31
5 mi	IL	1973May06	Chicago	Jackson Park 5mi		p/p	1984Dec31
5 mi	IL	1973Jun02	Urbana	Urbana 5mi		0	1984Dec31
10 mi	IL	1976Oct31	Alton	River Road 10mi		p/p	1984Dec31
10 mi	IL	1973May06	Chicago	Jackson Park 10mi		0	1984Dec31
10 mi	IL	1982Apr17	Chicago	Ravenswood 10mi		0	1984Dec31
10 mi	IL	1978Apr29	Kenilworth	Green Bay Trail Run 10mi		0	1984Dec31
10 mi	IL	1981Jul24	Park Forest	Scenic 10mi		0	1984Dec31
10 mi	IL	1972Apr08	Urbana	Urbana 10mi		0	1984Dec31
20 mi	IL	1973May06	Chicago	Jackson Park 20mi		0	1984Dec31
50 mi	IL	1978Aug04	Aurora	D C 50mi		0	1984Dec31
50 mi	IL	1979Jul14	Chicago	AMJA 50mi		0	1984Dec31
50 mi	IL	1973May06	Chicago	Jackson Park 50mi		0	1984Dec31
100 mi	IL	1973May06	Chicago	Jackson Park 100mi		0	1984Dec31
21.1 km	IL	1979Nov10	Chicago	Avon Chicago Women's Hal	f-Marathon	0	1984Dec31
21.1 km	IL	1981Apr04	Highland Park	Club North Shore Half-Ma	rathon	0	1984Dec31
42.2 km	IL	1978Aug04	Aurora	D C Marathon		0	1984Dec31
42.2 km	IL	1979Dec10	Aurora	Fox Valley Marathon		0	1984Dec31
42.2 km	IL	1973May06	Chicago	Jackson Park Marathon		0	1984Dec31
42.2 km	IL	1978May28	Chicago	Mayor Daley Marathon		0	1979Oct15
42.2 km	IL	1979Oct15	Chicago	America's Marathon		0	1980Aug18
42.2 km	IL	1980Aug18	Chicago	America's Marathon		0	
42.2 km	IL	1983Oct13	Chicago	America's Marathon		0	
42.2 km	IL	1981Mar19	DeKalb	DeKalb Marathon		0	1984Dec31
42.2 km	IL	1977Jun18	Edwardsville	Cougar Strider Marathon		0	1984Dec31
42.2 km	IL	1982Mar07	Georgetown	Coal Bucket Marathon		0	1984Dec31
42.2 km	IL	1981Mar07	Highland Park	Lake County Heart Fund M	arathon	-0.5 p/p	
42.2 km	IL	1983Jan09	Highland Park	Lake County Heart Marath	on	0 p/p	1984Dec31
42.2 km	IL	1973Sep19	Hinsdale	Hinsdale Central Maratho	n	0	1974Oct22
42.2 km	IL	1974Oct22	Hinsdale	Hinsdale Central Maratho	n	0	1980Oct30
42.2 km	IL	1980Oct30	Hinsdale	Hinsdale Marathon		0	1984Dec31
42.2 km	IL	1974Aug30	Lake Bluff	Lake Bluff Marathon		0	1980Sep06
42.2 km	IL	1980Sep06	Lake Bluff	Midwest Masters Marathon		0	1984Dec31
42.2 km	IL	1981Jan25	Moline	Athlete's Foot Marathon		0	1982Mar14
42.2 km	IL	1972May21	Monticello	Freedom Marathon		0	1984Dec31
42.2 km	IL	1972Aug04	Quincy	Quincy Marathon		0	1984Dec31
42.2 km	IL	1982Mar14	Rock Island	Athlete's Foot-Quad Citi	es Marathon	0	1984Dec31
42.2 km	IL	1979Jun24	Rockford	July 4th Marathon		p/p	1981May03
42.2 km	IL	1981May03	Rockford	Fourth of July Marathon		0	
42.2 km	IL	1983Oct01	Rockford	Rock River Marathon		0	
42.2 km	IL	1983Jun18	Sugar Grove	Boy Scouts-Two Rivers Ma	rathon	0	
4 mi	IL	1976Oct31	Alton	River Road 4mi		p/p	1984Dec31
3.5 mi	IL	1982Aug26	Cicago	Corporate Challenge (3.5	mi)	0	1984Dec31
1 mi	IL	1973May06	Chicago	Jackson Park 1mi		p/p	1984Dec31
6 mi	IL	1973May06	Chicago	Jackson Park 6mi		0	1984Dec31
60 km	IL	1981Dec13	East Peoria	Running Central 60K		0	1984Dec31
1 mi	IL	1978Apr15	Evanston	Evanston RC 1mi		0	1984Dec31
4 mi	IL	1978Jun09	Hennepin	Lions Club 4mi		0	1984Dec31
3 mi	IL	1978Apr29	Kenilworth	Green Bay Trail Run 3mi		0	1984Dec31
4.3 mi	IL	1982Jun19	Lynwood	Gold Rush (4.3mi)		0	1984Dec31
3 mi	IL	1981Oct17	Rock Island	Scrub Shirt Classic (3mi	)	0	1984Dec31
8 mi	IL	1981Oct17	Rock Island	Scrub Shirt Classic (8mi	)	0	1984Dec31
4 mi	IL	1981Nov24	Toulon	Indian Creek Run (4mi)		0	1984Dec31
2 mi	IL	1973May06	Chicago	Jackson Park 2mi closed	loop	0	1984Dec31
5 km	IN	1979Jun03	Bloomington	Hoosier Hills & Pointe 5	K	0	1984Dec31
5 km	IN	1979Jul15	Columbus	Fall Running Festival 5K		0	1981Sep13
5 km	IN	1981Sep13	Columbus	Fall Fitness Festival 5K		0	1984Dec31
5 km	IN	1983Aug06	Demotte	Rotary Ramble		0	

5 km	IN	1981Jul17	Mooreland	Free Fair 5K		0	1984Dec31
5 km	IN	1983Jun10	West Lafayette	Terry Fox Memorial 5K		0	
10 km	IN	1983Apr23	Anderson	Run for Life 10K		0	
10 km	IN	1981Mar08	Beech Grove	Beech Tree 10K		0	1984Dec31
10 km	IN	1979May08	Bloomington	Bloomington TC 10K		0	1984Dec31
10 km	IN	1981Feb22	Bluffton	Caylor-Nikel Clinic (Hea	lth) 10K	0	1984Dec31
10 km	IN	1979Jul15	Columbus	Fall Running Festival 10	K	0	1981Sep13
10 km	IN	1981Sep13	Columbus	Fall Running Festival 10	K	0	1984Dec31
10 km	IN	1983Aug14	Evansville	Old National Bank 10K		0	1984Dec31
10 km	IN	1978Jun18	Ft Wayne	Lincoln (Home Loan) 10K		0	1984Dec31
10 km	IN	1980Jul23	Freemont	Clear Lake 10K		0	
10 km	IN	1983Jul11	Freemont	Clear Lake 10K		0	
10 km	IN	1982Sep04	Greensburg	Thanksgiving Tree City 1	OK	0	1984Dec31
10 km	IN	1983Aug06	Indianapolis	Corporate Cup 10K		0	
10 km	IN	1981Aug22	Indianapolis	Diet Pepsi 10K		0	1984Dec31
10 km	IN	1983Jul06	Indianapolis	Waterfront 10K		0	
10 km	IN	1982Jun03	Madison	Madison Courier 10K		10.7 p/p	1984Dec31
10 km	IN	1980Aug05	Matthews	Cumberland Covered Bridg	e 10K	0	1984Dec31
10 km	IN	1982May14	Metamora	Metamora Canal 10K		0	1984Dec31
10 km	IN	1979Aug17	Montpelier	Jamboree Jog		0	1984Dec31
10 km	IN	1981May17	Morristown	Derby Days 10K		0	1984Dec31
10 km	IN	1979Sep29	Muncie	Octoberun 10K		0	1984Dec31
10 km	IN	1981Jul09	New Castle	Raintree Country Jambore	e 10K	0	1984Dec31
10 km	IN	1980Jun06	New Lisbon	Community Days 10K		0	1984Dec31
10 km	IN	1981Jul10	Shelbyville	Bears of Blue River 10K		0	1984Dec31
10 km	IN	1983Aug27	South Bend	Sports Medicine 10K		0	
10 km	IN	1981Oct10	Terre Haute	Marathon Marathon 10K		0	1984Dec31
10 km	IN	1981Jul25	Tipton	Port Festival 10K		p/p	1984Dec31
10 km	IN	1983Apr16	West Lafayette	Diet Pepsi 10K		0	
15 km	IN	1979May17	Anderson	White River 15K		0	1984Dec31
15 km	IN	1979Jun03	Bloomington	Hoosier Hills & Pointe 1	5K	0	1984Dec31
15 km	IN	1973Jul	Michigan City	Michigan City 15K		0	1976Apr02
15 km	IN	1976Apr02	Michigan City	Rogers HS 15K		0	1979May26
15 km	IN	1979May26	Michigan City	Michigan City 15K		0	
15 km	IN	1983May08	Michigan City	Michigan City 15K		0	1984Dec31
15 km	IN	1983Apr22	Noblesville	Kiwanis Sunrise Spring R	un	0	
15 km	IN	1980Jan19	Pendleton	Autumn Classic		0	1984Dec31
15 km	IN	1976Jun10	Plymouth	Blueberry Stomp 15K		0	
15 km	IN	1982Jun12	Plymouth	Blueberry Stomp 15K		0	1984Dec31
15 km	IN	1983Mar12	South Bend	Michiana Long Run		0	1984Dec31
15 km	IN	1983Jun09	West Lafayette	Terry Fox Memorial 15K		0	
20 km	IN	1980Sep07	Chesterton	Brooks Masters 20K		0	1984Dec31
20 km	IN	1982Jun26	Indianapolis	US vs USSR Racewalk 20K		0	1984Dec31
20 km	IN	1967Jul08	Michigan City	Michigan City 20K		0	1984Dec31
20 km	IN	1973Sep26	Terre Haute	(Marathon Marathon cours	e)	0	1984Dec31
20 km	IN	1978Apr09	Terre Haute	First National Bank 20K		0	1984Dec31
30 km	IN	1979May08	Bloomington	Bloomington TC 30K		0	1984Dec31
30 km	IN	1979Aug05	Lawrence	Dannon 30K		0	1984Dec31
30 km	IN	1976Nov06	West Lafayette	Hoosier RRC 30K		0	1984Dec31
5 mi	IN	1978May24	Bloomington	Hoosier Hills 5mi		0	1984Dec31
10 mi	IN	1980Jul09	Bloomington	Morgan-Monroe [Counties]	10mi	0	1984Dec31
10 mi	IN	1983Oct02	Mansfield	Covered Bridge Festival	10mi	0	
21.1 km	IN	1976Jan31	Carmel	San Costa Half-Marathon		0	1984Dec31
21.1 km	IN	1983Apr24	Indianapolis	500 Festival Half-Marath	on	p/p	
42.2 km	IN	1977Oct15	Bloomington	Pizza Hut Marathon		0	1979Sep04
42.2 km	IN	1979Sep04	Bloomington	Pizza Hut Marathon		0	1984Dec31
42.2 km	IN	1976Jan31	Carmel	Windy Marathon		0	1982Jun12
42.2 km	IN	1979Jul11	Crawfordsville	Jaycee Marathon		0	1984Dec31
42.2 km	IN	1980Apr11	Evansville	Welborn Fitness Festival	Marathon	0	1984Dec31
42.2 km	IN	1975Jul07	Ft Wayne	Three Rivers Marathon		0	1984Dec31

42.2 km	IN	1982Jun12	Indianapolis	Windy & Int'l Sports Fes	tival M	0	1984Dec31
42.2 km	IN	1983Nov04c	Marion	Marion Marathon		0	
42.2 km	IN	1973May20	Terre Haute	Marathon Marathon		0	1975May15
42.2 km	IN	1974May15	Terre Haute	Marathon Marathon		0	1976Mar14
42.2 km	IN	1976Mar14	Terre Haute	Marathon Marathon		0	
42.2 km	IN	1981Oct10	Terre Haute	Marathon Marathon		0	1984Dec31
6 mi	IN	1977Apr09	Bloomington	Centennial 6mi		?	1984Dec31
6 mi	IN	1978Jun25	Bloomington	Freedom Run (6mi)		0	1984Dec31
4 mi	IN	1980Jul09	Bloomington	Morgan-Monroe [Counties]	4mi	0	1984Dec31
6 mi	IN	1977Oct15	Bloomington	Pizza Hut 6mi		0	1984Dec31
1.5 km	IN	1979Jul15	Columbus	Fall Running Festival 1.	5K	0	1984Dec31
2 mi	IN	1983Aug04	Evansville	Old National Bank 2mi		0	1984Dec31
1 mi	IN	1983Aug06	Indianapolis	Corporate Cup 1mi		0.2 p/p	
7 mi	IN	1976Jan31	Indianapolis	Ground Hog 7mi		0	1984Dec31
6 mi	IN	1978Jul02	Saline City	Saline City 6mi		0	1984Dec31
8 km	KS	1983Jun01	Eureka	Eureka Days 8K		0	
8 km	KS	1983Jun12	Wichita	Rainbow Couples Classic		0	
10 km	KS	1983Aug24	Caldwell	Border Queen 10K		0	
10 km	KS	1978Aug23	Colby	Colby 10K		0	1984Dec31
10 km	KS	1983Apr03	Derby	Derby Days & 4th of July	& Octbrfst	0	1984Dec31
10 km	KS	1981Apr09	Herington	Kiwanis (Invitational) 1	0K	0	1984Dec31
10 km	KS	1983Aug25	Hutchinson	DeFeet Diabetes 10K		0	
10 km	KS	1983Aug11	Kingman	Kingman 10K		0	
10 km	KS	1982Jan31	Lenexa	Celebrity Run		0	1984Dec31
10 km	KS	1980May31	McPherson	Kansas Masters Cup 10K		0	1984Dec31
10 km	KS	1983Oct15	Overland Park	Fit Her Fabulous Footrac	e 10K	0	
10 km	KS	1980Apr08	Prairie Village	Johnson County Republica	n 10K	0	1984Dec31
10 km	KS	1980Aug05	Shawnee Mission	Medical Center 10K		0	1984Dec31
10 km	KS	1983Jun12	South Hutchinson	Frank Hart Crossing Rive	r Run	0	
10 km	KS	1983Mar06	Wichita	River Run		0	1984Dec31
15 km	KS	1981Aug22	Kansas City	Kansas Festival 15K		-0.4 p/p	1984Dec31
15 km	KS	1983Sep10	Oberlin	Mini-Sapa 15K		0	
20 km	KS	1980Aug05	Shawnee Mission	Medical Center 20K		0	1984Dec31
25 km	KS	1973Mar31	Lenexa	Shawnee Mission Park 25K		0	1984Dec31
5 mi	KS	1982Jun27	Wichita	Rainbow Couples Classic		0	
10 mi	KS	1977Jul30	Atwood	Lake Atwood 10mi		0	1984Dec31
10 mi	KS	1981Jul03	Pittsburg	(Coors Benefit) Am Lung	Assn 10mi	0	1984Dec31
42.2 km	KS	1977Apr12	Ft Leavenworth	Ft Leavenworth Marathon		0	1984Dec31
42.2 km	KS	1978May29	Ft Riley	Sundown Salute Marathon		p/p	1984Dec31
42.2 km	KS	1981Apr09	Herington	Kiwanis Invitational Mar	athon	0	
42.2 km	KS	1983Feb27	Herington	Kiwanis Invitational Mar	athon	0	1984Dec31
42.2 km	KS	1966Nov12	Humboldt	Humboldt Marathon		0	
42.2 km	KS	1972Mar23	Lawrence	Kansas Relays Marathon		0	
42.2 km	KS	1982Apr03	Lawrence	Kansas Relays Marathon		0	1984Dec31
42.2 km	KS	1980May11	Scott City	Heart of the Nation Mara	thon	0	1984Dec31
42.2 km	KS	1980Apr06	Wichita	Wichita Marathon		0	
42.2 km	KS	1983Jul22	Wichita	Wichita Marathon		0	
3 km	KS	1983Aug25	Hutchinson	DeFeet Diabetes 3K		0	
2 mi	KS	1983Aug25	Hutchinson	DeFeet Diabetes 2mi		0	
5 km	KY	1979Apr09	Paducah	Paducah RR 5K		0	1984Dec31
10 km	KY	1980Jul31	Bowling Green	Wendy's Classic		0	1984Dec31
10 km	KY	1980May08	Corbin	Diet Pepsi 10K		0	1984Dec31
10 km	KY	1981Apr17	Georgetown	Foundation Classic		0	1984Dec31
10 km	KY	1980Jun15	Lexington	Bluegrass 10K		0	1984Dec31
10 km	KY	1981Aug23	Lexington	Energy 10 000		0	1984Dec31
10 km	KY	1981May09	Lexington	Pepsi Challenge		0	1984Dec31
10 km	KY	1982Apr16	Louisville	City Run & Hardee's 10K		0	
10 km	KY	1983Feb19	Louisville	City Run		0	1984Dec31

10 km	KY	1982Jul25	Louisville	River Banks Run		-0.2 p/p	1984Dec31
10 km	KY	1979Apr09	Paducah	Paducah RR 10K		0	1984Dec31
15 km	KY	1979Apr09	Paducah	Paducah RR 15K		0	1984Dec31
20 km	KY	1979Apr09	Paducah	Paducah RR 20K		0	1984Dec31
25 km	KY	1979Apr09	Paducah	Paducah RR 25K		0	1984Dec31
50 km	KY	1979Apr09	Paducah	Paducah RR 50K		0	1984Dec31
10 mi	KY	1979Apr09	Paducah	Paducah RR 10mi		0	1984Dec31
20 mi	KY	1979Apr09	Paducah	Paducah RR 20mi		0	1984Dec31
42.2 km	KY	1979Aug25	Covington	Wade YMCA Pacemakers Mar	athon	0	1984Dec31
42.2 km	KY	1975Dec01	Georgetown	Bluegrass Invitational M	arathon	0	1984Dec31
42.2 km	KY	1980Feb23	Lexington	Phidippides Marathon		0	1984Dec31
42.2 km	KY	1979Jun09	Louisville	Metro Parks Marathon		0	1984Dec31
42.2 km	KY	1979Oct07	Louisville	Metro Parks Marathon		0	1984Dec31
42.2 km	KY	1979Apr09	Paducah	Paducah RR Marathon		0	1984Dec31
2 mi	KY	1979Apr09	Paducah	Paducah RR 2mi		0	1984Dec31
4 mi	KY	1979Apr09	Paducah	Paducah RR 4mi		0	1984Dec31
6 mi	KY	1979Apr09	Paducah	Paducah RR 6mi		0	1984Dec31
8 mi	KY	1979Apr09	Paducah	Paducah RR 8mi		0	1984Dec31
12 mi	KY	1979Apr09	Paducah	Paducah RR 12mi		0	1984Dec31
14 mi	KY	1979Apr09	Paducah	Raducah RR 14mi		0	1984Dec31
15 mi	KY	1979Apr09	Paducah	Paducah RR 15mi		0	1984Dec31
30 mi	KY	1979Apr09	Paducah	Paducah RR 30mi		0	1984Dec31
5 km	LA	1983Jun11	Geismar	Great Geismar Gallop		0	1984Dec31
5 km	LA	1983May09	Lafayette	Run for Sobriety 5K		0	1984Dec31
8 km	LA	1983Apr13	Alexandria	Alexandria 8K		0	1984Dec31
8 km	LA	1983Feb13	Baton Rouge	Metropolitan Bank 8K		0	1984Dec31
10 km	LA	1982Sep19	Lafayette	Cajun Cup 10K		0	1984Dec31
10 km	LA	1983Jan15	Lafayette	Mardi Gras 10K		0	1984Dec31
10 km	LA	1982Jan29	Monroe	Central Bank 10K		0	1984Dec31
10 km	LA	1981Feb17	New Orleans	Crescent City Classic		p/p	1984Dec31
10 km	LA	1983Feb13	New Orleans	Crescent City Classic		0 p/p	1984Dec31
15 km	LA	1968Mar	New Orleans	Lake Shore Drive 15K		?	1984Dec31
20 km	LA	1977Apr16	Crowley	Cajun TC 20K		0	1984Dec31
25 km	LA	1968Mar23	New Orleans	Lake Shore Drive 25K		0	1984Dec31
10 mi	LA	1968Mar23	New Orleans	Lake Shore Drive 10mi		?	1984Dec31
21.1 km	LA	1983Sep25	Lafayette	Rainbow Half-Marathon		0	1984Dec31
21.1 km	LA	1979Dec26	New Orleans	Anheuser Busch Half-Mara	thon	0	1984Dec31
21.1 km	LA	1980Dec29	New Orleans	Natural Light Half-Marat	hon	0	1984Dec31
42.2 km	LA	1978Dec03	Baton Rouge	Baton Rouge Marathon		0	1979Nov16
42.2 km	LA	1979Nov16	Baton Rouge	Baton Rouge Marathon		0	1981Nov21
42.2 km	LA	1981Nov21	Baton Rouge	Baton Rouge Marathon		0	1984Dec31
42.2 km	LA	1974Jul25	Crowley	Rice Festival Marathon		p/p	1976Oct03
42.2 km	LA	1976Oct03	Crowley	International Rice Festi	val Marathon	p/p	1984Dec31
42.2 km	LA	1979Feb17	Metairie	Mardi Gras Marathon		p/p	1979Sep16
42.2 km	LA	1979Sep16	Metairie	Mardi Gras Marathon		p/p	1980Nov16
42.2 km	LA	1980Nov16	Metairie	Mardi Gras Marathon		p/p	1984Dec31
42.2 km	LA	1981Nov14	Metairie	Mardi Gras Marathon		0 p/p	1984Dec31
42.2 km	LA	1982Dec07	New Orleans	Great New Orleans Marath	on	0	1984Dec31
42.2 km	LA	1971Jan14	New Orleans	New Orleans-Mardi Gras M	arathon		1978Oct31
42.2 km	LA	1978Oct31	New Orleans	Mardi Gras Marathon		0	1979Jan31
4 mi	LA	1969Oct14	New Orleans	Adam Nunez Memorial 4mi		p/p	1984Dec31
15 mi	LA	1968Mar23	New Orleans	Lake Shore Drive 15mi		?	1984Dec31
5 km	MA	1982Oct19	Cambridge	Cambridge YWCA 5K		0	1984Dec31
5 km	MA	1980Sep19	Northampton	Smith College XC 5K		0	1984Dec31
8 km	MA	1983Sep12	Lynn	Transportation Center 8K		0	1984Dec31
10 km	MA	1982Aug21	Alston	Channel 2 Race to the Fi	nish	0	1984Dec31
10 km	MA	1982Jul26	Andover	Fast Women 10K		0	1984Dec31
10 km	MA	1979Oct12	Bellingham	Ken Mueller 10K		0	1984Dec31



10 km	MA	1979Oct22	Belmont	Run for Health 10K		0	1984Dec31
10 km	MA	1979Sep23	Boston	Bonne Bell 10K		0	1984Dec31
10 km	MA	1982Apr02	Boston	Milk Run		0	1984Dec31
10 km	MA	1982Jun03	Boston	Nike Pikee 10K		0	1984Dec31
10 km	MA	1978Jul01	Cambridge	Porter Chevrolet 10K		0	1984Dec31
10 km	MA	1981Sep13	Cambridge	Share the Road 10K		0	1984Dec31
10 km	MA	1982Oct19	Cambridge	Cambridge YWCA 10K		0	1984Dec31
10 km	MA	1981Oct06	Chestnut Hill	Heartbreak Hill 10K		0	1984Dec31
10 km	MA	1982Oct15	Dorchester	Firefighters 10K		0	1984Dec31
10 km	MA	1982May27	Dorchester	JFK Library 10K		0	1984Dec31
10 km	MA	1981Sep17	Easthampton	Fall Foliage Classic		0	1984Dec31
10 km	MA	1982Feb28	Framingham	Diet Pepsi 10K		0	1984Dec31
10 km	MA	1979Mar08	Framingham	Run for the Green 10K		0	1984Dec31
10 km	MA	1982Mar14	Lawrence	Run for Charity 10K		0	1984Dec31
10 km	MA	1981Sep07	Lowell	Great Oktoberfest 10K		0	1984Dec31
10 km	MA	1982Mar07	Maynard	Maynard Elks 10K		0	1984Dec31
10 km	MA	1981Jun14	Natick	Summer Classic		0	1984Dec31
10 km	MA	1979Jun13	Newton	Diet Pepsi Regional 10K		0	1984Dec31
10 km	MA	1982May08	Newtonville	Six Smile Run		0	1984Dec31
10 km	MA	1981Mar25	Stoneham	Healthy K's Memorial Hos	pital 10K	0	1984Dec31
10 km	MA	1978Apr13	Waltham	Patty's Special 10K		0	1984Dec31
10 km	MA	1982Aug11	Westfield	Berkshire Masters 10K		0	1984Dec31
10 km	MA	1979Mar26	Winthrop	Michael's Mall 10K		0	1984Dec31
15 km	MA	1976Sep26	Gardner	Gardner 15K		0	1984Dec31
15 km	MA	1982Jun11	Great Barrington	Butternut 15K		3.1 p/p	1984Dec31
15 km	MA	1978Apr13	Holliston	NEAAU Silver 15K		0	1984Dec31
15 km	MA	1981Sep07	Lowell	Run Your Turkey Off 15K		0	1984Dec31
15 km	MA	1977Jul23	Rockport	Rockport 15K		0	1984Dec31
15 km	MA	1979Jul21	Wellesley	New England AAU Women's	15K	0	1984Dec31
20 km	MA	1974Aug11	Gardner	Gardner 20K		0	1984Dec31
20 km	MA	1978Feb04	Holliston	National AAU 20K		0	1984Dec31
20 km	MA	1965Jul18	Needham	Needham 20K		0	1984Dec31
20 km	MA	1978Apr12	Waltham	Albert Leone 20K		0	1984Dec31
25 km	MA	1971Jul13	Dedham	Dedham 25K		0	1984Dec31
25 km	MA	1969Aug	Gloucester	Round Cape Anne 25K		0	1984Dec31
25 km	MA	1976Aug07	Holliston	New England AAU 25K		0	1984Dec31
25 km	MA	1980Apr26	Sudbury	New England AC Women's 2	5K	0	1984Dec31
5 mi	MA	1982Jul18	Agawam	Riverside Twilight 5mi		0	1984Dec31
5 mi	MA	1982Sep24	Boston	Corporate Cup 5mi		0	1984Dec31
5 mi	MA	1982Sep09	Boston	Jordan Marsh Thanksgiving	g Day 5mi	0	1984Dec31
5 mi	MA	1981Mar01	Boston	Shamrock Classic		0	1984Dec31
5 mi	MA	1982Apr17	Cambridge	Mother's Day Classic		0	1984Dec31
5 mi	MA	1983Apr09	Foxboro	Tony Williams Race		0	1984Dec31
5 mi	MA	1982Jul06	Nahant	Hoompa Nickel Road Race		0	1984Dec31
5 mi	MA	1981Jun23	Swampscott	Dory Run		0	1984Dec31
10 mi	MA	1979Oct08	Amherst	RRCA Championship 10mi		0	1984Dec31
10 mi	MA	1982Feb15	Lawrence	Eagle-Tribune Challenge	10mi	0	1984Dec31
10 mi	MA	1982Mar14	Methuen	Methuen Road Race		0	1984Dec31
10 mi	MA	1983May25	Newburyport	Yankee Homecoming 10mi		0	1984Dec31
10 mi	MA	1982Jul13	Newton	Clearway School 10mi		0	1984Dec31
21.1 km	MA	1981Mar14	Hyannis	Great Hyannis Half-Marat	hon	0	1984Dec31
21.1 km	MA	1981Feb08	New Bedford	New Bedford Half-Maratho	n	0	1984Dec31
21.1 km	MA	1980Apr05	Orleans	Natural Light Half-Marat	hon	0	1981Jun13
21.1 km	MA	1981Jun13	Orleans	Natural Light Half-Marat	hon	0	1984Dec31
42.2 km	MA	1980Apr22	Amherst	Texon Five-College Marat	hon	-1.1 p/p	1984Dec31
42.2 km	MA	1967Apr03	Boston	Boston AA Marathon		p/p	1978Mar11
42.2 km	MA	1978Mar11	Boston	Boston AA Marathon		p/p	
42.2 km	MA	1983Mar30	Boston	Boston AA Marathon		p/p	1984Dec31
42.2 km	MA	1983Oct23	Boston	Bostonfest Marathon		0	1984Dec31
42.2 km	MA	1972Aug29	Brockton	Plodders Marathon		0	1984Dec31

42.2 km	MA	1979Apr15	Falmouth	Cape Cod Marathon		0	1979Sep10
42.2 km	MA	1979Sep10	Falmouth	Cape Cod Marathon		0	1984Dec31
42.2 km	MA	1978Nov20	Foxboro	Foxtrotters Marathon		0	1979Sep29
42.2 km	MA	1979Sep29	Foxboro	Foxtrotters Marathon		0	1981Oct17
42.2 km	MA	1981Oct17	Foxboro	Foxtrotters Marathon		0	
42.2 km	MA	1982Sep11	Foxboro	Foxtrotters Marathon		0	
42.2 km	MA	1983Sep10	Foxboro	Foxtrotters Marathon		0	
42.2 km	MA	1972Oct23	Framingham	Bay State Marathon		0	1984Dec31
42.2 km	MA	1966Nov19	Holyoke	Holyoke [Mountain Park A	A] Marathon	0	1971Jun05
42.2 km	MA	1971Jun05	Holyoke	Holyoke [Mountain Park A	A] Marathon	0	1984Dec31
42.2 km	MA	1979Feb10	Lowell	Lowell (NEAAU Silver) Ma	rathon	0	1984Dec31
42.2 km	MA	1981Aug31	Lowell	Great Oktoberfest Marath	on	0	1984Dec31
42.2 km	MA	1979Oct13	Newton	Garden City Marathon		0	1984Dec31
42.2 km	MA	1980May08	North Adams	Fall Foliage Festival Ma	rathon	5.2 p/p	1981Sep14
42.2 km	MA	1981Sep14	North Adams	Fall Foliage Festival Ma	rathon	5.2 p/p	1984Dec31
42.2 km	MA	1980Nov08	Salisbury	Sri Chinmoy Marathon		0	1981Apr30
42.2 km	MA	1980Aug14	Sheffield	Berkshire County Autumn	Marathon	0	1984Dec31
42.2 km	MA	1982May05	Taunton	Coachman Marathon		0.4 p/p	1984Dec31
42.2 km	MA	1979Sep13	Wellesley Hills	Silver Lake Dodge Marath	on	0	1984Dec31
8 mi	MA	1979Sep15	Boston	Freedom Trail 8mi		0	1984Dec31
7 mi	MA	1980Oct12	Cambridge	Sri Chinmoy 7mi		0	1984Dec31
4.24 3mi	MA	1980Oct07	Dorchester	Cystic Fibrosis (4.243mi	)	0	1984Dec31
7 mi	MA	1980Jun15	Medford	Sri Chinmoy 7mi		0	1984Dec31
6.55 mi	MA	1979Oct04	Southbridge	Rotary Quarter-Marathon	(6.55mi!)	0	1984Dec31
8 km	MD	1982May15	Olney	Country Road 8K		0	1984Dec31
8 km	MD	1983Jul01	Takoma Park	Takoma Park 8K		0	
10 km	MD	1983Jul20	College Park	Terrapin Trot 10K		0	
10 km	MD	1983Sep06	Easton	Wild Goose Chase 10K		0	1984Dec31
10 km	MD	1980Aug03	Rockville	City of Rockville 10K		0	1984Dec31
10 km	MD	1983Feb20	Rockville	Fritzbe's Run Fest 10K		0	
15 km	MD	1971Jul31	Greenbelt	Labor Day Festival 15K		0	1984Dec31
15 km	MD	1983Jul01	Takoma Park	Takoma Park 15K		0	
20 km	MD	1978Feb03	Baltimore	National RRCA 20K		0	1984Dec31
20 km	MD	1979Feb04	Bathesda	Bathesda Chase 20K		0	1984Dec31
30 km	MD	1967Feb	Rockville	National Senior AAU 30K		0	1968Feb12
30 km	MD	1968Feb12	Rockville	National Senior AAU 30K		0	1984Dec31
30 km	MD	1966Mar13	Silver Spring	National Senior AAU 30K		0	
5 mi	MD	1981Jan20	Rockville	Shady Grove Hospital 5mi		0	1984Dec31
10 mi	MD	1979Jun21	Annapolis	Annapolis/Severna Park 1	Omi	p/p	1981Mar28
10 mi	MD	1981Mar28	Annapolis	Annapolis 10mi		0	1984Dec31
10 mi	MD	1976May27	Edgewood	Gunpowder Neck 10mi		0	1978Jun23
10 mi	MD	1978Jun23	Edgewood	Gunpowder Neck 10mi		0	1984Dec31
20 mi	MD	1971Jul31	Greenbelt	Turkey Trot 20mi		0	1984Dec31
21.1 km	MD	1978Dec17	Frederick	Life and Health Half-Mar	athon	0	1984Dec31
42.2 km	MD	1973Jul22	Baltimore	Maryland Marathon		0	1980Jul01
42.2 km	MD	1967Feb04	Beltsville	Washington's Birthday Ma	rathon	0	1970Feb14
42.2 km	MD	1970Feb14	Beltsville	Washington's Birthday Ma	rathon	0	1971Nov27
42.2 km	MD	1971Nov27	Beltsville	Washington's Birthday Ma	rathon	0	
42.2 km	MD	1983Feb05	Beltsville	Washington's Birthday Ma	rathon	0	
42.2 km	MD	1976Oct04	Edgewood	Edgewood Marathon		0	1984Dec31
42.2 km	MD	1978Dec17	Frederick	Life and Health Marathon		0	1984Dec31
42.2 km	MD	1978Aug20	Gaithersburg	Potomac Valley Festival	Marathon	0	1984Dec31
5 km	ME	1983Apr23	Brunswick	Sri Chinmoy 5K		0	
8 km	ME	1983Jul26	Westport	Long Run (Horseneck Beac	h)	0	
10 km	ME	1981Aug28	Augusta	Gaspig Gobbler 10K		0	1984Dec31
10 km	ME	1981Sep06	Bangor	Benjamin's 10K		1.8 p/p	1984Dec31
10 km	ME	1983Aug24	Falmouth	Sri Chinmoy 10K		0	
10 km	ME	1982Sep19	Kingfield	Kingfield 10K		0	1984Dec31

10 km	ME	1981Feb15	Lewiston	National TAC Women's Rac	ewalk 10K	0	1984Dec31
10 km	ME	1980Feb02	Portland	Bob Rice Memorial 10K		0	1984Dec31
10 km	ME	1981Sep11	Saco	Great Pumpkin 10K		0	1984Dec31
10 km	ME	1983Feb14	York	The Run Away & York Day	10K	0	
25 km	ME	1981Mar15	Lewiston	National TAC Racewalk 25	K (1981)	0	1984Dec31
5 mi	ME	1983Mar18	Augusta	Ft Western Tire Co Twoso	me 5mi	0	
5 mi	ME	1983May28	Gardner	Gardner Common 5mi		0	1984Dec31
10 mi	ME	1983Jul01	Brunswick	Good Sports 10mi		0	1984Dec31
21.1 km	ME	1981Jun14	Augusta	Great Kennebec River Run	Half	0	1984Dec31
21.1 km	ME	1982Oct29	Augusta	Veterans Day Half-Marath	on	0	1984Dec31
21.1 km	ME	1982Jun27	Portland	Celebration 350 Half-Mar	athon	0	1984Dec31
42.2 km	ME	1983Feb17	Bangor	Great Downeast Maine Mar	athon	0	1984Dec31
42.2 km	ME	1980Apr08	Biddeford	Maine Coast Marathon		p/p	1984Dec31
42.2 km	ME	1983Aug05	Kingfield	Sugarloaf Marathon		4.1 p/p	
42.2 km	ME	1981Jun12	Orono	Paul Bunyan Marathon		-0.7 p/p	1984Dec31
42.2 km	ME	1978Aug06	Portland	Casco Bay Marathon		0	1984Dec31
3 mi	ME	1981Apr26	Brunswick	Sri Chinmoy 3mi		0	1984Dec31
5 km	MI	1978Apr18	Detroit	Belle Isle 5K		0	
5 km	MI	1981Mar11	Williamston	Williamston 5K		0	1984Dec31
8 km	MI	1982Sep27	Ann Arbor	Go Blue Run		0	1984Dec31
8 km	MI	1983Mar29	Detroit	Belle Isle 8K		0	
10 km	MI	1979Sep22	Allendale	YMCA-Grand Valley 10K		0	
10 km	MI	1982Aug16	Allendale	Grand Valley 10K		0	1984Dec31
10 km	MI	1983Jun26	Ann Arbor	Bechtel Fund 10K		0	
10 km	MI	1982Dec18	Ann Arbor	Blue Cross/(Blue Shld)-B	riarwood 10K	0	1984Dec31
10 km	MI	1983Feb24	Ann Arbor	Dexter-Ann Arbor		-0.8 p/p	
10 km	MI	1983Mar05	Berkley	Greater Berkley 10K		0	
10 km	MI	1969Oct06	Bloomfield Hills	Cross-Country 10K		0	
10 km	MI	1980Jul03	Cadillac	Labor Day 10K		0	1984Dec31
10 km	MI	1978Apr18	Detroit	Belle Isle 10K		0	
10 km	MI	1983Mar29	Detroit	Belle Isle 10K		0	
10 km	MI	1983Sep03	Detroit	Friendship Lions Run		0	
10 km	MI	1980Sep20	Flint	Tuuri 10K		0	1984Dec31
10 km	MI	1983Aug13	Flushing	Riverbend Striders 10K		0	
10 km	MI	1982May30	Frankenmuth	Volkslaufe 10K		0	1984Dec31
10 km	MI	1981May17	Fremont	Winterfest 10K		0	1984Dec31
10 km	MI	1983May14	Grand Haven	Coast Guard 10K		0	
10 km	MI	1982Mar11	Holland	Tulip City Shuffle		0	1984Dec31
10 km	MI	1980Mar22	Holland	Tunnel Park 10K		0	1984Dec31
10 km	MI	1983Oct09	Howard City	New Year's Father Time R	un	0	
10 km	MI	1982May02	Kalamazoo	Kalamazoo Klassic		3 p/p	1984Dec31
10 km	MI	1979Mar18	Norton Shores	Founder's Day 10K		0	1984Dec31
10 km	MI	1982Sep06	Saline	Pumper Power-Community H	ospital 10K	0	1984Dec31
10 km	MI	1982Jun12	South Lyon	Witch's Hat 10K		0	1984Dec31
10 km	MI	1982May26	Traverse City	Blazing Trails 10K		0	1984Dec31
10 km	MI	1983Mar26	Traverse City	By-the-Bay 10K		0	
10 km	MI	1981May09	Traverse City	Tuba Trot 10K		0	1984Dec31
10 km	MI	1981Mar07	Williamston	Williamston 10K		0	1984Dec31
10 km	MI	1983Jun11	Ypsilanti	Great Train Race		0	
15 km	MI	1983Mar29	Detroit	Bell Isle 15K		0	
15 km	MI	1978Apr18	Detroit	Michigan AAU 15K		0	
15 km	MI	1980May11	Traverse City	National Cherry Festival	15K	p/p	
20 km	MI	1982Nov13	Ann Arbor	Blue Cross-Briarwood 20K		0	1984Dec31
20 km	MI	1974Aug10	Detroit	Belle Isle 20K		0	1978Apr18
20 km	MI	1978Apr18	Detroit	Belle Isle 20K		0	
20 km	MI	1982Jun06	Frankenmuth	Volkslaufe 20K		0	1984Dec31
20 km	MI	1979Mar31	Holland	Tulip Time 20K		0	1984Dec31
25 km	MI	1978Mar12	Grand Rapids	Old Kent River Bank 25K		0	1979Apr07
25 km	MI	1979Apr07	Grand Rapids	Old Kent River Bank 25K		0	1984Dec31

50 km	MI	1978Aug23	Detroit	National AAU Racewalk 50	K	0	1984Dec31
5 mi	MI	1983Mar29	Detroit	Belle Isle & Ernest B Sm	ith 5mi	0	
5 mi	MI	1983Feb28	Flint	Run for Mental Health 5m	i	0	
5 mi	MI	1983Feb13	Grand Rapids	Sportshow Spring Classic		0	
5 mi	MI	1983Aug07	Haslett	Duckathon 5mi		0	
5 mi	MI	1980Jul01	Montrose	Blueberry Festival 5mi		0	1984Dec31
10 mi	MI	1983Mar29	Detroit	Belle Isle & Chauncey Lo	ngwhite 10mi	0	
10 mi	MI	1977Aug07	Flint	Bobby Crim		0	1981Jun29
10 mi	MI	1981Jun29	Flint	Bobby Crim (Special Olym	pics)	0	
50 mi	MI	1977Jul16	Copper Harbor	Michigan 50		0	
50 mi	MI	1981Jun28	Grand Rapids	Riverside Park 50mi		0	1984Dec31
21.1 km	MI	1982Aug30	Allendale	Grand Valley Half-Marath	on	0	1984Dec31
21.1 km	MI	1981Dec04	Ann Arbor	Dexter to Ann Arbor		0.3	p/p
21.1 km	MI	1980May04	Saugatuck	Natural Light Half-Marat	hon	0	1984Dec31
21.1 km	MI	1981Mar27	Williamston	Williamston Half-Maratho	n	0	1984Dec31
42.2 km	MI	1982Aug16	Allendale	Grand Valley Marathon		0	
42.2 km	MI	1974May26	Breckenridge	Breckenridge Marathon		0	
42.2 km	MI	1983May17	Breckenridge	Breckenridge Marathon		0	
42.2 km	MI	1968May05	Detroit	Motor City Marathon		0	
42.2 km	MI	1978Oct13	Detroit	Free Press International	Marathon	p/p	1979Sep01
42.2 km	MI	1979Sep01	Detroit	Free Press International	Marathon	p/p	
42.2 km	MI	1983Sep17	Detroit	Free Press International	Marathon	0.2	p/p
42.2 km	MI	1972Sep17	Grand Rapids	Grand Valley Marathon			
42.2 km	MI	1977Aug24	Marquette	Marquette Marathon		p/p	1984Dec31
42.2 km	MI	1978Jul08	Port Huron	Scotty Hanton Marathon		0	1984Dec31
42.2 km	MI	1973Jul12	Saginaw	Mackinaw Trails Marathon		0	1984Dec31
42.2 km	MI	1983Mar26	Traverse City	By-the-Bay Marathon		0	
15 mi	MI	1974Apr06	Ann Arbor	Sesquicentennial 15mi		p/p	1984Dec31
3 mi	MI	1983Mar29	Detroit	Belle Isle 3mi (Bill Wal	ker)	0	
4 mi	MI	1983Mar29	Detroit	Belle Isle 4mi		0	
3 mi	MI	1979Apr29	Detroit	Blue Cross/Blue Shield 3	mi	0	1984Dec31
12 mi	MI	1979Apr29	Detroit	Blue Cross/Blue Shield 1	2mi	0	1984Dec31
3 mi	MI	1980Apr23	Kalkaska	National Trout Festival	3mi	0	1984Dec31
13 mi	MI	1979Nov03	Kalkaska	National Trout Festival	13mi	p/p	1984Dec31
1 mi	MI	1983Apr24	Traverse City	National Cherry Festival	1mi	-3.8	p/p
1 km	MI	1981Jul26	Dearborn	Levagood Walking Course	1K clsd loop	0	1984Dec31
3.34 mi	MI	1983Mar29	Detroit	Belle Isle 3.34mi closed	loop	0	
5 km	MN	1983Jun24	Bloomington	Kaiser Roll 5K		0	
5 km	MN	1983Apr03	St Paul	Melpomene 5K		0	1984Dec31
10 km	MN	1983Jun24	Bloomington	Kaiser Roll 10K		0	
10 km	MN	1981May18	Minneapolis	Bonne Bell & Get-in(to)-	Gear 10K	0	1984Dec31
10 km	MN	1981Jun28	Minneapolis	(Saucony) Share the Road	10K	0	1984Dec31
10 km	MN	1983Jun08	Minneapolis	Victory 10K		0	
10 km	MN	1983Aug30	St Paul	St Paul Run		0	
10 km	MN	1983Aug08	Wayzata	James J Hill Days 10K		0	
15 km	MN	1981May24	Minneapolis	River Road 15K (TAC Mast	ers 1981)	0	1984Dec31
15 km	MN	1973Apr14	Rochester	Rochester 15K		0	1984Dec31
20 km	MN	1971Jun08	Bloomington	Bush Lake 20K		0	1984Dec31
20 km	MN	1976Dec26	Brooklyn Park	Minnesota 20K		0	1984Dec31
20 km	MN	1966Nov09	Minneapolis	Minnehaha Park 20K		?	1984Dec31
25 km	MN	1980May01	Litchfield	Watercade 25K		0	1984Dec31
25 km	MN	1966Nov	Minneapolis	Minnehaha Park 25K		?	1984Dec31
30 km	MN	1966Nov	Minneapolis	River Road 30K		?	1984Dec31
50 km	MN	1976Dec26	Brooklyn Park	Minnesota 50K		0	1984Dec31
50 km	MN	1982Sep11	Duluth	Duluth Road Race		0.1	p/p 1984Dec31
100 km	MN	1982Sep11	Duluth	Duluth Road Race		0	p/p 1984Dec31
5 mi	MN	1966Nov07	Minneapolis	Minneapolis 5mi		?	1984Dec31
10 mi	MN	1966Nov07	Minneapolis	Minneapolis 10mi			
10 mi	MN	1967Apr	Minneapolis	Fred Kurz Handicap 10mi		0	1984Dec31

50 mi	MN	1981Jul01	Grand Marais	Gunflint Trail 50mi		2.5 p/p	1984Dec31
42.2 km	MN	1981Aug15	Bemidji	Union Station Marathon		0	1984Dec31
42.2 km	MN	1976Dec26	Brooklyn Park	Minnesota Marathon		0	1984Dec31
42.2 km	MN	1978May22	Duluth	Grandma's Marathon		p/p	
42.2 km	MN	1982May21	Duluth	Grandma's Marathon		0.6 p/p	1984Dec31
42.2 km	MN	1965Oct19	Minneapolis	City of Lakes Marathon		0	1966Nov07
42.2 km	MN	1966Nov07	Minneapolis	City of Lakes Marathon		0	1973Sep17
42.2 km	MN	1973Sep22	Minneapolis	City of Lakes Marathon		0	1981Aug15
42.2 km	MN	1981Aug15	Minneapolis	City of Lakes Marathon		0	1984Dec31
42.2 km	MN	1982Aug22	Minneapolis	Twin Cities Marathon		0.3 p/p	
42.2 km	MN	1983Aug14	Minneapolis	Twin Cities Marathon		0.4 p/p	
42.2 km	MN	1981Sep13	St Paul	St Paul Marathon		0	1984Dec31
42.2 km	MN	1982Oct22	St Paul	Winter Carnival Marathon		0	1984Dec31
42.2 km	MN	1983Jun11	Walker	North Country Marathon		0	
42.2 km	MN	1974Sep08	White Bear Lake	Land of Lakes Marathon		0	1984Dec31
42.2 km	MN	1981Mar14	Winona	YMCA Rotary Club Maratho	n	0	1984Dec31
3 mi	MN	1966Nov07	Minneapolis	Minneapolis 3mi		?	
15 mi	MN	1966Nov07	Minneapolis	Minneapolis 15mi		?	
5 km	MO	1975Jun03	Columbia	Columbia TC 5K		p/p	1984Dec31
5 km	MO	1980May20	Kansas City	Fleischmanns 5K		0	1984Dec31
5 km	MO	1981Jun07	St Louis	VP Fair 5K		3 p/p	1984Dec31
8 km	MO	1983Jul08	Chesterfield	V-8 Missouri River Run		0	
10 km	MO	1983May15	Bolivar	Beat the Heat 10K		0	
10 km	MO	1982Dec30	Bolivar	Polar Bear Run		0	
10 km	MO	1983May01	Chesterfield	Chesterfield Chase 10K		0	
10 km	MO	1977Jul05	Chesterfield	St Louis TC 10K		0	1984Dec31
10 km	MO	1975Jun03	Columbia	Columbia TC 10K		0	1984Dec31
10 km	MO	1980Apr21	Columbia	Diet Pepsi 10K		0	1984Dec31
10 km	MO	1979Apr01	Kansas City	Avon Women's 10K		0	1981Apr04
10 km	MO	1981Apr04	Kansas City	Avon 10K (women's)		0	1984Dec31
10 km	MO	1983Jul31	Kansas City	Macy's 10K		0	
10 km	MO	1983Apr23	Kansas City	Run through the Zoo 10K		0	
10 km	MO	1980May15	St Louis	Diet Pepsi 10K		0	
10 km	MO	1979Mar04	St Louis	Famous Barr Gateway Arch	10K	0	1984Dec31
10 km	MO	1976Jan16	St Louis	Forest Park 10K		0	1984Dec31
10 km	MO	1982May13	St Louis	Pepsi Challenge 10K		0	
10 km	MO	1983May21	St Louis	Pepsi Challenge 10K		0	
10 km	MO	1976Dec28	St Louis	Third Olympiad 10K		p/p	1979Dec10
10 km	MO	1979Dec10	St Louis	Third Olympiad 10K		p/p	1984Dec31
10 km	MO	1981Jun07	St Louis	VP Fair 10K		1.5 p/p	
10 km	MO	1983May25	St Louis	VP Fair 10K		0	
10 km	MO	1979Jul21	Sedalia	C W Flower Classic		0	1980May05
10 km	MO	1980May05	Sedalia	C W Flower Classic		0	1984Dec31
10 km	MO	1979Jun04	Sedalia	Chisholm Trail 10K		0	1984Dec31
10 km	MO	1979Dec15	Sedalia	Diet Pepsi 10K		0	1984Dec31
10 km	MO	1980Apr09	Sedalia	Natural Lite 10K		0	1984Dec31
10 km	MO	1980Jul23	Sedalia	Run for the Sun 10K		0	1981Sep29
10 km	MO	1981Sep29	Sedalia	Run for the Sun 10K		0 p/p	1984Dec31
10 km	MO	1979Nov06	Sedalia	Run for the Third 10K		0	
10 km	MO	1982Apr10	Springfield	Diet Pepsi 10K		0	1984Dec31
10 km	MO	1981Aug18	Versailles	FCA Apple Festival 10K		0	1984Dec31
10 km	MO	1980Mar09	Warrensburg	Old Barney's 10K		0	1984Dec31
10 km	MO	1983Apr23	Whiteman AFB	Minuteman Myriameter 10K		0	
15 km	MO	1975Jun03	Columbia	Columbia TC 15K		p/p	1984Dec31
15 km	MO	1978Jun24	Kirkwood	Schlitz Lite 15K		0	1984Dec31
15 km	MO	1975Jul13	Overland	St Louis TC 15K		0	1984Dec31
15 km	MO	1982Mar14	St Louis	Bathesda Health Fair 15K		0	1984Dec31
15 km	MO	1976Jan16	St Louis	Forest Park Bike Path 15	K	?	1984Dec31
15 km	MO	1979Mar19	St Louis	Overland Trail 15K		p/p	1984Dec31

20 km	MO	1975Jun03	Columbia	Columbia TC 20K		0	1984Dec31
20 km	MO	1976Jan16	St Louis	Forest Park Bike Path 20	K	?	1984Dec31
25 km	MO	1977Oct09	Chesterfield	St Louis TC 25K		0	1984Dec31
25 km	MO	1975Jun03	Columbia	Columbia TC 25K		p/p	1984Dec31
25 km	MO	1976Feb28	St Louis	Forest Park Bike Path 25	K	?	1984Dec31
30 km	MO	1975Jun03	Columbia	Columbia TC 30K		0	1984Dec31
30 km	MO	1976Feb28	St Louis	Forest Park Bike Path 30	K	?	1984Dec31
5 mi	MO	1978Sep10	Clayton	Helen Wolff 5mi		0	1984Dec31
5 mi	MO	1981Jan24	Columbia	Columbia 5mi (race cours	e)	0	1984Dec31
5 mi	MO	1975Jun03	Columbia	Columbia TC 5mi		p/p	1984Dec31
5 mi	MO	1979Nov25	Sedalia	Ramada 5mi		0	1984Dec31
10 mi	MO	1975Jun03	Columbia	Columbia TC 10mi		0	1984Dec31
21.1 km	MO	1977Nov20	Chesterfield	St Louis TC Half-Maratho	n	0	1984Dec31
21.1 km	MO	1980May17	Kansas City	Hospital Hill Half-Marat	hon	0	1984Dec31
21.1 km	MO	1981Mar28	Kansas City	Natural Light Half-Marat	hon	0	1984Dec31
42.2 km	MO	1983Jul10	Cape Girardeau	Bulletin Journal Maratho	n	0	
42.2 km	MO	1975Aug31	Columbia	Heart of America Maratho	n	0	1984Dec31
42.2 km	MO	1979Jul07	Kansas City	Macy's Kansas City Marat	hon	-0.6	p/p
42.2 km	MO	1983Jul31	Kansas City	Macy's Kansas City Marat	hon	0	
42.2 km	MO	1982Oct30	Kansas City	Women's Olympic Trials M	arathon	0	
42.2 km	MO	1979Sep23	Nevada	Bushwhacker Marathon		0	1984Dec31
42.2 km	MO	1973Jan28	St Louis	Third Olympiad Memorial	Marathon	p/p	1976Dec28
42.2 km	MO	1976Dec28	St Louis	Third Olympiad Memorial	Marathon	p/p	1979Dec10
42.2 km	MO	1979Dec10	St Louis	Third Olympiad Marathon		0	
42.2 km	MO	1983Jan08	St Louis	Third Olympiad Marathon		p/p	
42.2 km	MO	1980Nov16	St Louis	St Louis TC Marathon		0	
42.2 km	MO	1983Oct22	St Louis	St Louis Marathon		0	
42.2 km	MO	1979Sep15	Sedalia	Sedalia Marathon		0	1984Dec31
42.2 km	MO	1982Apr12	Springfield	Ozark Mountain Marathon		0	
3 km	MO	1983May01	Chesterfield	Chesterfield Chase 3K		0	
3 mi	MO	1975Jun03	Columbia	Columbia TC 3mi		p/p	1984Dec31
3 mi	MO	1980Aug22	St Louis	Forest Park Bike Path 3m	i	0	1984Dec31
3 km	MO	1983May25	St Louis	VP Fair 3K		0	p/p
5 km	MS	1981Sep10	Canton	Mississippi Bank 5K		0	1984Dec31
5 km	MS	1982Apr08	Columbus	5000 Meter Run		0	1984Dec31
5 km	MS	1978Jul13	Hattiesburg	Isokinetic Fitness Cente	r 5K	0	1984Dec31
5 km	MS	1979Aug12	Hattiesburg	Waldoffs Labor Day 5K		0	1984Dec31
5 km	MS	1981Mar08	Jackson	Late Great Whale 5K		0	1984Dec31
5 km	MS	1983Jun26	Magee	Crazy Day 5K		0	
8 km	MS	1982Sep10	Senatobia	Baddour Classic		0	1984Dec31
10 km	MS	1982Apr08	Columbus	Commercial Dispatch 10K		0	1984Dec31
10 km	MS	1982Dec23	Corinth	Coca-Cola Kidney Classic		0	
10 km	MS	1981Sep10	Greenwood	300 Oaks 10K		0	1984Dec31
10 km	MS	1978Jan29	Hattiesburg	Magnolia Classic		0	1979Feb11
10 km	MS	1979Feb11	Hattiesburg	Magnolia Classic		0	1984Dec31
10 km	MS	1980Sep21	Jackson	Diet Pepsi 10K (Jackson	Park)	p/p	
10 km	MS	1980Oct26	Jackson	Fitness is Fun 10K		0	1984Dec31
10 km	MS	1982Mar14	Jackson	Pepsi Challenge 10K		0	1984Dec31
10 km	MS	1980May12	Meridian	NAS Meridian 10K		0	1984Dec31
10 km	MS	1981Mar08	Meridian	Southern Cup 10K		0	1984Dec31
10 km	MS	1980Jan06	Tupelo	Gum Tree Run		0	1984Dec31
10 km	MS	1980Dec06	Vicksburg	Run through History 10K		0	1984Dec31
15 km	MS	1981Jul18	Byram	Florence to Byram		0	p/p
15 km	MS	1982May20	Byram	Florence to Byram		0	p/p 1984Dec31
15 km	MS	1978Sep17	Columbus	Squincher 15K		0	1980Aug30
15 km	MS	1980Aug30	Columbus	Squincher 15K		0	1984Dec31
20 km	MS	1977Oct16	Hattiesburg	Golden Eagle 20K		0	1984Dec31
5 mi	MS	1981Aug12	Indianola	Indian Bayou 5mi		0	1984Dec31
5 mi	MS	1981Mar08	Jackson	McRae's Kids/Governor's	Cup 5mi	0	

5 mi	MS	1982Sep12	Jackson	Governor's Cup 5mi		0	1984Dec31
50 mi	MS	1981Mar21	Leland	Mississippi 50mi		0	1984Dec31
42.2 km	MS	1978Sep30	Clinton	Mississippi Marathon		p/p	1980Sep11
42.2 km	MS	1980Sep11	Clinton	Mississippi Marathon		0	1981Jul18
42.2 km	MS	1981Jul18	Jackson	Mississippi Marathon		0	1981Nov22
42.2 km	MS	1981Nov22	Jackson	Mississippi Marathon		0	1984Dec31
42.2 km	MS	1979Mar01	McComb	Camellia City Marathon		p/p	1984Dec31
5 km	MT	1980Dec13	Bozeman	Wind Drinker 5K		0	1984Dec31
5 km	MT	1981Mar15	Helena	Governor's Cup 5K		0	
5 km	MT	1983Feb20	Helena	Governor's Cup 5K		0	1984Dec31
10 km	MT	1981Aug05	Bozeman	Bozeman & Montana Bank 10K	OK	0	1984Dec31
10 km	MT	1980Dec13	Bozeman	Wind Drinker 10K		0	1984Dec31
10 km	MT	1979Jun01	Helena	Governor's Cup 10K		48.8 p/p	1981Mar15
10 km	MT	1981Mar15	Helena	Governor's Cup 10K		0	1984Dec31
10 km	MT	1983May19	White Sulphur Spgs	Run of a Lifetime 10K		0	
20 km	MT	1981May31	Helena	Governor's Cup 20K		2.3 p/p	1984Dec31
42.2 km	MT	1972May26	Billings	NAIA National Marathon		0	
42.2 km	MT	1979Jul21	Helena	Governor's Cup Marathon		p/p	1981Mar28
42.2 km	MT	1981Mar28	Helena	Governor's Cup Marathon		p/p	1981May30
42.2 km	MT	1981May30	Helena	Governor's Cup Marathon		10.1 p/p	
42.2 km	MT	1983Mar13	Helena	Governor's Cup Marathon		10.1 p/p	1984Dec31
42.2 km	MT	1979Aug25	Kalispell	Jerry Anderson Memorial Marathon	Marathon	0	
42.2 km	MT	1982Apr02	Kalispell	Jerry Anderson Memorial Marathon	Marathon	0	1984Dec31
42.2 km	MT	1980Jul07	Manhattan	Lewis and Clark Trail Marathon	Marathon	0	1984Dec31
5 km	NC	1983Aug28	Raleigh	Run for the Oaks 5K		0	
5 km	NC	1982Nov07	Raleigh	Run for the Roses 5K		0	
8 km	NC	1983Oct22	Greensboro	The Great Race		0	
10 km	NC	1979Mar29	Charlotte	Bonne Bell 10K		0	1984Dec31
10 km	NC	1983Jul17	Charlotte	Charlotte Observer 10K		0	
10 km	NC	1980Jul06	Durham	Durham First 10K		0	1984Dec31
10 km	NC	1980Nov14	Durham	True Triathlon 10K		0	1984Dec31
10 km	NC	1981Aug23	Greensboro	City Stage Celebration 10K	OK	0	1984Dec31
10 km	NC	1982Nov14	Newport	Newport 10K		0	1984Dec31
10 km	NC	1980Apr06	Raleigh	Southeastern Masters 10K		0	1984Dec31
10 km	NC	1978Jul15	Rockingham	Motor Speedway 10K		0	1984Dec31
10 km	NC	1978Apr13	Salisbury	Run for Heart 10K		0	1984Dec31
10 km	NC	1981Jan17	Sanford	Carolina Brick Festival 10K	10K	0	1984Dec31
10 km	NC	1978Nov25	Shelby	St Patrick's Day 10K		0	1984Dec31
10 km	NC	1979Aug01	Winston-Salem	Carolina Street Scene 10K	K	0	1984Dec31
10 km	NC	1979Feb27	Winston-Salem	Natural Light Classic		0	1984Dec31
15 km	NC	1980Jul06	Durham	Carolina Godiva Labor Day 15K	y 15K	0	1984Dec31
20 km	NC	1980Nov14	Durham	True Triathlon 20K		0	1984Dec31
20 km	NC	1978Aug22	Gastonia	Spencer Mountain 20K		0	1984Dec31
5 mi	NC	1982Jul31	Charlotte	Dilworth Jubilee 5mi		0	1984Dec31
5 mi	NC	1980May26	Maggie Valley	Moonlight Run		0	
10 mi	NC	1967Jun18	Ahoskie	Aulander to Ahoskie		p/p	1984Dec31
10 mi	NC	1971May29	Atlantic Beach	Beach Run		?	1984Dec31
10 mi	NC	1973Feb07	Bethel	Bethel Rotary 10mi		p/p	1984Dec31
10 mi	NC	1982Mar21	Charlotte	Love Run		0	1984Dec31
10 mi	NC	1983Oct09	Raleigh	capital Trail Run		0	
10 mi	NC	1981Jan17	Sanford	Carolina Brick Festival 10mi	10mi	0	1984Dec31
10 mi	NC	1978Mar25	Wilmington	Rotary 10mi		p/p	1984Dec31
21.1 km	NC	1980Jul06	Durham	Durham First Half-Marathon	on	0	1984Dec31
21.1 km	NC	1980Apr06	Raleigh	Southeastern Masters Half-Marathon	f-Marathon	p/p	1984Dec31
21.1 km	NC	1978Nov25	Shelby	St Patrick's Day Half-Marathon	rathon	0	1984Dec31
21.1 km	NC	1979Mar13	Winston-Salem	Natural Light Classic		0	1984Dec31
42.2 km	NC	1975Oct05	Bethel	North Carolina TC Marathon	on	0	1980Dec07
42.2 km	NC	1980Dec07	Bethel	Natural Light Marathon		0	1984Dec31

42.2 km	NC	1968Jul11	Boone	Grandfather Mountain Mar	athon	p/p	1984Dec31
42.2 km	NC	1977Oct02	Charlotte	Charlotte Observer Marat	hon	0	1978Dec11
42.2 km	NC	1978Dec11	Charlotte	Charlotte Observer Marat	hon	0	
42.2 km	NC	1983Jul17	Charlotte	Charlotte Observer Marat	hon	0	
42.2 km	NC	1968May24	Durham	Duke to Raleigh		p/p	1968Oct14
42.2 km	NC	1968Oct14	Durham	Duke to Raleigh		p/p	1969Dec23
42.2 km	NC	1970Jan03	Durham	Duraleigh Marathon		p/p	1984Dec31
42.2 km	NC	1975Mar08	Ft Bragg	All American Marathon		p/p	1978Sep22
42.2 km	NC	1978Sep22	Ft Bragg	All American Marathon		0	1984Dec31
42.2 km	NC	1968May30	Greensboro	Greensboro to Winstom Sa	lem	p/p	
42.2 km	NC	1978Jul16	Greensboro	Greensboro Marathon		0	1981Mar15
42.2 km	NC	1981Mar15	Greensboro	Greensboro Marathon		0	
42.2 km	NC	1981Jul12	Greensboro	Natural Light Marathon		0	1984Dec31
42.2 km	NC	1980Apr06	Raleigh	Southeastern Masters Mar	athon	0	1984Dec31
42.2 km	NC	1983Jun05	Union Grove	Great Brushy Mountain Sh	owdown M	0.1 p/p	
42.2 km	NC	1979Dec28	Wilmington	Wilmington Marathon		0	1984Dec31
2 mi	NC	1967May27	Ahoskie	Health 2mi		?	
10 km	ND	1982Aug22	Fargo	Run for a Healthier Life	10K	0	1984Dec31
10 km	ND	1982Apr24	Grand Forks	Pepsi Challenge 10K		0	1984Dec31
10 km	ND	1969Sep06	Medora	National Junior AAU XC 1	0K		1984Dec31
10 km	ND	1983May08	Williston	Mon-Dak Road Race		0	
15 km	ND	1981Aug02	Fargo	Red River Run		0	1984Dec31
50 mi	ND	1980Nov30	Bismarck	Lewis and Clark Trail 50	mi	0.3 p/p	1984Dec31
21.1 km	ND	1981May17	Grand Forks	North Dakota Half-Marath	on	0	
21.1 km	ND	1982Apr24	Grand Forks	North Dakota Half-Marath	on	0	1984Dec31
42.2 km	ND	1982Sep04	Bismarck	Bismarck Marathon		0	1984Dec31
42.2 km	ND	1981May17	Grand Forks	North Dakota Marathon		0	
42.2 km	ND	1982May24	Grand Forks	North Dakota Marathon		0	1984Dec31
5 km	NE	1980Aug31	Lincoln	Air Park West 5K (closed	loop)	0	1984Dec31
8 km	NE	1982Sep18	Lincoln	Capital City Classic		0	1984Dec31
8 km	NE	1983Jul17	Omaha	Septemberfest 8K		0	
10 km	NE	1982May07	Cambridge	Medicine Creek 10K		0	1984Dec31
10 km	NE	1981Nov16	Cozad	100th Meridian 10K		0	1984Dec31
10 km	NE	1981Mar07	Grand Island	Diet Pepsi 10K		0	1984Dec31
10 km	NE	1981Jul18	Grand Island	Lutheran (Memorial) Hosp	ital 10K	0	1984Dec31
10 km	NE	1980Aug31	Lincoln	Air Park West 10K		0	1984Dec31
10 km	NE	1979Jun08	Lincoln	Diet Pepsi 10K		0	1980Jun24
10 km	NE	1980Jun24	Lincoln	Diet Pepsi 10K		0	1984Dec31
10 km	NE	1981Mar23	Lincoln	Guard Spring Run		0	1984Dec31
10 km	NE	1982May20	Lincoln	Havelock Bank 10K		0	1984Dec31
10 km	NE	1982Mar21	Nebraska City	Apple Jack 10K		0	
10 km	NE	1982Jul24	Norfolk	Optimist & Dairy Council	10K	0	1984Dec31
10 km	NE	1983Apr24	Omaha	Bonne Bell 10K		0	
10 km	NE	1981Jul12	Omaha	CUES 10K		0	1984Dec31
10 km	NE	1981Apr25	Omaha	Diet Pepsi 10K		0	1984Dec31
10 km	NE	1982May23	Omaha	N P Dodge Park North 10K		0	1984Dec31
10 km	NE	1980May24	South Sioux City	Diet Pepsi 10K		0	1984Dec31
10 km	NE	1981Apr12	Wahoo	Chamber of Commerce 10K		0	1984Dec31
10 km	NE	1982Apr20	Weeping Water	Limestone Day 10K		0	1984Dec31
15 km	NE	1980Aug31	Lincoln	Autumn 15K		0	1984Dec31
15 km	NE	1981Jul31	Omaha	AAMCo/Omaha River Run		0	1984Dec31
20 km	NE	1980Aug31	Lincoln	Air Park West 20K		0	1984Dec31
20 km	NE	1982Sep18	Lincoln	Capital City Classic 20K		0	1984Dec31
20 km	NE	1979Sep03	Lincoln	Lincolnfest 20K		0	
25 km	NE	1980Aug31	Lincoln	Air Park West 25K		0	1984Dec31
30 km	NE	1980Aug31	Lincoln	Air Park West 30K		0	1984Dec31
50 km	NE	1980Aug31	Lincoln	Air Park West 50K		0	1984Dec31
100 km	NE	1980Aug31	Lincoln	Air Park West 100K		0	1984Dec31



5 mi	NE	1982Mar23	Boys Town Omaha	YMCA Midwest Masters/Boys	5mi	0	1984Dec31
5 mi	NE	1981Aug08	Grand Island	Run of the Ile 5mi		0	1984Dec31
5 mi	NE	1980Jun16	Lincoln	Buffalo Run		0	1984Dec31
10 mi	NE	1980Jan13	Lincoln	Statehood Day 10mi		0	1980Nov22
10 mi	NE	1980Nov22	Lincoln	Statehood Day 10mi		0	
10 mi	NE	1982Dec19	Lincoln	Statehood Day 10mi		0	
21.1 km	NE	1980Sep13	Grand Island	Grand Island Tour Half-M	arathon	0	1984Dec31
21.1 km	NE	1981Jul12	Omaha	CUES Half-Marathon		0	1984Dec31
42.2 km	NE	1966May01	Curtis	Curtis Country Lane Mara	thon	0	
42.2 km	NE	1978Apr20	Lincoln	Lincoln Marathon		0	1980Apr10
42.2 km	NE	1980Apr10	Lincoln	Lincoln Marathon		0	1981Feb15
42.2 km	NE	1981Feb15	Lincoln	Lincoln Marathon		0	1984Dec31
42.2 km	NE	1974Jul21	Omaha	Omaha Marathon		0	1979Jul03
42.2 km	NE	1979Jul03	Omaha	Omaha Marathon		0	1979Jul30
42.2 km	NE	1979Jul30	Omaha	Omaha Marathon		0	1980Aug12
42.2 km	NE	1980Aug12	Omaha	Omaha Marathon		0	1981May31
42.2 km	NE	1981May31	Omaha	Omaha Riverfront Maratho	n	0	
42.2 km	NE	1982Oct10	Omaha	Omaha Riverfront Maratho	n	0	1984Dec31
42.2 km	NE	1978May20	Scottsbluff	Panhandle Marathon		0	1984Dec31
1 mi	NE	1981Aug08	Grand Island	Run of the Ile 1mi		0	1984Dec31
3 mi	NE	1981Aug08	Grand Island	Run of the Ile 3mi		0	1984Dec31
12.4 km	NE	1980Jun16	Lincoln	KFOR Summer Run (12.4K)		0	1984Dec31
5 km	NE	1980Aug31	Lincoln	Air Park West 5K closed	loop	0	1984Dec31
3.84 6mi	NE	1980Jun16	Lincoln	Pioneers Park 3.846mi cl	osed loop	0	1984Dec31
5 km	NH	1983Jul01	Concord	Budweiser Light Couples	5K	0	
5 km	NH	1981Sep13	Concord	Concord 5K		0	1984Dec31
5 km	NH	1983May17	Concord	Memorial Day 5K		0	
5 km	NH	1981Jun01	Concord	Run for the Health of It	5K	0	1984Dec31
5 km	NH	1982Oct01	Hanover	Campions 5K		0	1984Dec31
5 km	NH	1982Sep28	Merrimack	Foot Fall 5K		p/p	1984Dec31
8 km	NH	1983Aug09	Laconia	Two Lakes Run		0	
8 km	NH	1982Sep28	Merrimack	Foot Fall 8K		0	1984Dec31
10 km	NH	1980May30	Canterbury	Woodchuck Classic		0	1984Dec31
10 km	NH	1980Nov08	Concord	Autumn Run		0	1984Dec31
10 km	NH	1983Jun26	Hampton	Women Be In It 10K		0	
10 km	NH	1982Oct20	Hanover	Campions 10K		0	1984Dec31
10 km	NH	1983Jul08	Manchester	King's Road Race		0	
10 km	NH	1982Mar30	Manchester	Lake Massabesic 10K		0	1984Dec31
10 km	NH	1983Mar20	Nashua	Pepsi Challenge 10K		0	
10 km	NH	1983Jul17	New Hampton	New Hampton 10K		p/p	
10 km	NH	1983May05	North Conway	Puma Valley Run		0	
10 km	NH	1981Jul22	Rye	Saunders 10K (Rye Harbor )		0	
15 km	NH	1980May24	Rochester	Rochester 15K		0	1984Dec31
20 km	NH	1979May23	Concord	Concord 20K		0	1980Jun14
20 km	NH	1980Jun14	Concord	Concord 20K		0	1981Jul21
20 km	NH	1981Jul21	Concord	Concord 20K		0	1984Dec31
20 km	NH	1971Jul25	Windham	National Junior AAU 20K		0	1984Dec31
5 mi	NH	1981Jul16	Concord	Concord 5mi		0	
5 mi	NH	1982Jul13	Concord	Family Run		0	1984Dec31
5 mi	NH	1981Feb07	Concord	Turtle Trot (& Turkey Tr	ot) 5mi	0	
5 mi	NH	1983Jun21	Concord	Bank East Classic & Turt	leT & TT 5mi	0	
5 mi	NH	1982Sep24	Hampton	One for the Books 5mi		0	1984Dec31
5 mi	NH	1983Apr28	Manchester	YWCA Women's Road 5mi		0	
21.1 km	NH	1983Aug02	Hollis	Applefest Half-Marathon		0	1984Dec31
42.2 km	NH	1982Jul31	Conway	Mt Washington Valley Mar	athon	0	1984Dec31
42.2 km	NH	1980Dec07	Hampton	Sri Chinmoy Inspiration	Marathon	0	
42.2 km	NH	1981Nov30	Hampton	Sri Chinmoy Inspirationa	l Marathon	0	
42.2 km	NH	1983Oct26	Hampton	Sri Chinmoy Inspirationa	l Marathon	0	1984Dec31
42.2 km	NH	1979Aug29	Hanover	Dartmouth Medical School	Marathon	0	1984Dec31

42.2 km	NH	1979Jun26	Keene	Clarence DeMar Marathon		p/p	1984Dec31
1 mi	NH	1982Aug21	Concord	The Hall Street Mile		p/p	1984Dec31
2 mi	NH	1983Apr28	Concord	YWCA Women's 2mi		0	
5 km	NJ	1983Apr06	Newark	Junior Olympics 5K		0	1984Dec31
5 km	NJ	1983Sep15	Ocean City	Boardwalk 5K		0	
5 km	NJ	1983Oct08	Paramus	Knights of Columbus 5K		0	
5 km	NJ	1981Feb08	Ridgewood	Memorial Day & Ridgewood	Run 5K	0	1984Dec31
8 km	NJ	1982Oct10	Willingboro	Papa Pia Memorial 8K		0	1984Dec31
10 km	NJ	1982Jun27	Asbury Park	Asbury Park Classic		0	1984Dec31
10 km	NJ	1967Sep19	Atlantic City	Atlantic Avenue 10K		0	1984Dec31
10 km	NJ	1983May21	Berlin	South Jersey AC 10K		0	1984Dec31
10 km	NJ	1978Nov11	Blairstown	April Fools' Day 10K		0	1984Dec31
10 km	NJ	1980Nov30	Bridgewater	Bridgewater 10K		0	1984Dec31
10 km	NJ	1982Aug19	Caldwell	Caldwell Women's Classic		0	1984Dec31
10 km	NJ	1983Apr23	Camden	Bill Mullin 10K (Cooper	River Park)	0	
10 km	NJ	1983Oct30	Camden	The Street Run		0	
10 km	NJ	1981Jun14	Clifton	Clifton 10K		0	1984Dec31
10 km	NJ	1981Sep07	Cranford	Fall Classic		0	1984Dec31
10 km	NJ	1982Oct20	Deptford	AMC-8 Theatres 10K		0	1984Dec31
10 km	NJ	1983Sep30	East Brunswick	East Brunswick 10K		0	
10 km	NJ	1980Sep27	East Rutherford	Monte Carlo 10K		0	1984Dec31
10 km	NJ	1983Jun25	Ft Mercer	Redbank Battlefield 10K		0	
10 km	NJ	1980Oct05	Glen Ridge	New Jersey Women's 10K		0	1984Dec31
10 km	NJ	1982Aug15	Hammonton	Athlete's Korner 10K		0	1984Dec31
10 km	NJ	1983Jun26	Livingston	St Barnabas Run for Heal	th 10K	0	
10 km	NJ	1982Feb20	Metuchen	Metuchen Exchangathon 10	K	0	1984Dec31
10 km	NJ	1982May08	Milltown	Milltown 10K		0	1984Dec31
10 km	NJ	1982May15	Morris Plains	PBA Fun Run		0	1984Dec31
10 km	NJ	1981Apr04	Newark	Cherry Blossom 10K		0	1984Dec31
10 km	NJ	1981Sep19	Newark	Sports Phone Championshi	p 10K	0	1984Dec31
10 km	NJ	1983Oct08	Paramus	Knights of Columbus 10K		0	
10 km	NJ	1983Mar26	Pequannock	Pequannock Valley Rotary	10K	0	1984Dec31
10 km	NJ	1981Feb14	Ridgewood	Memorial Day & Ridgewood	Run 10K	0	1984Dec31
10 km	NJ	1981Aug15	Ringwood	Fall Foliage 10K		0	1984Dec31
10 km	NJ	1981Apr04	Somerset	Franklin 10K		0	1984Dec31
10 km	NJ	1981Mar28	Springfield	Springfield 10K		0	1984Dec31
10 km	NJ	1983May07	Washington Twnshp	Michelle Rowen 10K		0	
10 km	NJ	1983Sep11	Willingboro	Mill Creek 10K		0	
15 km	NJ	1983Jul13	Edison	Thomas Edison Run-athon	15K	0	
15 km	NJ	1981Sep10	Elizabeth	New Jersey Race of Champ	ions 15K	0	1984Dec31
15 km	NJ	1980Mar07	Far Hills	Midland Run		0	1984Dec31
15 km	NJ	1982Feb12	Mendham	Mendham Classic		0	1984Dec31
20 km	NJ	1982Feb28	Newark	Newark Distance Run		0	1984Dec31
25 km	NJ	1967Sep19	Atlantic City	Atlantic Avenue 25K		0	1984Dec31
30 km	NJ	1967Sep19	Atlantic City	Atlantic Avenue 30K		0	1984Dec31
30 km	NJ	1965Sep09	New Brunswick	New Brunswick 30K		0	1984Dec31
5 mi	NJ	1967Sep10	Atlantic City	Atlantic Avenue 5mi		0	1984Dec31
5 mi	NJ	1981Jan24	Cherry Hill	New Jersey 5mi		0	1984Dec31
5 mi	NJ	1983Sep25	Haddonfield	Haddonfield Fiver		0	
5 mi	NJ	1983Jun25	Hammonton	Athlete's Korner 5mi		0	
5 mi	NJ	1981Oct03	Jersey City	Fall Frost 5mi		0	1984Dec31
5 mi	NJ	1983Apr14	Spring Lake	Spring Lake 5mi		0	1984Dec31
5 mi	NJ	1981Mar15	Westfield	Catch the Sun 5mi		0	
5 mi	NJ	1983May18	Westfield	Catch the Sun 5mi (women	's)	0	
5 mi	NJ	1982Oct10	Willingboro	Irma Lorenz 5mi		0	1984Dec31
10 mi	NJ	1967Sep19	Atlantic City	Atlantic Avenue 10mi		0	1984Dec31
10 mi	NJ	1982Jan30	Cherry Hill	Nike-New Jersey 10mi		0	1984Dec31
10 mi	NJ	1983Apr16	Pitman	Browning Ross 10mi		0	
50 mi	NJ	1967Sep08	Atlantic City	Atlantic Avenue 50mi		0	1984Dec31

21.1 km	NJ	1983Apr11	Ocean City	Fenton Carey Half-Marath	on	0
42.2 km	NJ	1971Dec26	Asbury Park	Jersey Shore Marathon		0 1973Jan15
42.2 km	NJ	1973Jan15	Asbury Park	Jersey Shore Marathon		0 1979Oct11
42.2 km	NJ	1979Oct11	Asbury Park	Jersey Shore Marathon		0 1981Apr11
42.2 km	NJ	1981Apr11	Asbury Park	Jersey Shore Marathon		0
42.2 km	NJ	1982Jun14	Asbury Park	Jersey Shore Marathon		0 1984Dec31
42.2 km	NJ	1967Sep10	Atlantic City	Atlantic City Marathon		0 1972Oct21
42.2 km	NJ	1973Sep03	Atlantic City	Atlantic City Marathon		0
42.2 km	NJ	1980Sep06	Atlantic City	Atlantic City Marathon		0 1984Dec31
42.2 km	NJ	1979Oct15	Holmdel	E Murray Todd Monmouth M	arathon	0 1984Dec31
42.2 km	NJ	1981Sep07	Plainsboro	Sri Chinmoy Marathon		0 1984Dec31
9 mi	NJ	1967Sep19	Atlantic City	Atlantic Avenue 9mi		0
4 mi	NJ	1973Sep03	Atlantic City	Boardwalk 4mi		0 1984Dec31
8.83 mi	NJ	1966Jun27	Camden	Cooper River Park (8.83m	i)	?
12.26 mi	NJ	1966Jun27	Camden	Cooper River Park (12.26	mi)	?
12.87 mi	NJ	1966Jun27	Camden	Cooper River Park (12.87	mi)	?
17.17 mi	NJ	1966Jun27	Camden	Cooper River Park (17.17	mi)	0
5.21 7mi	NJ	1966Jun23	Camden	Farnham Park (5.217mi)		0
49.9 km	NJ	1982Mar25	Cedar Grove	New Jersey TAC (49.9K)		0 1984Dec31
1 mi	NJ	1983Mar26	Mendham	Mendham Mile		p/p 1984Dec31
2 mi	NJ	1981Mar28	Springfield	Springfield 2mi		0 1984Dec31
3.67 mi	NJ	1966Jun27	Camden	Cooper River Park 3.67mi	closed loop	0
5.88 4km	NJ	1983Apr23	Camden County	Cooper River Park 5.884K	closed loop	0
2.27 5mi	NJ	1982Mar25	Cedar Grove	Reservoir 2.275mi closed	loop	0 1984Dec31
10 km	NM	1979May13	Clovis	Diet Pepsi 10K		0 1984Dec31
10 km	NM	1981Mar21	Tucumcari	Diet Pepsi 10K		0 1984Dec31
20 km	NM	1980Jun19	Los Alamos	High Altitude 20K		0 1984Dec31
25 km	NM	1967Aug25	Albuquerque	National Senior AAU 25K		? 1984Dec31
21.1 km	NM	1978May28	Clovis	Clovis Half-Marathon		0 1984Dec31
42.2 km	NM	1982Dec18	Albuquerque	Tour of Albuquerque Mara	thon	4.9 p/p 1984Dec31
42.2 km	NM	1978May28	Clovis	Clovis Marathon		0 1984Dec31
42.2 km	NM	1981Mar15	Roswell	Pecos Valley Stampede Ma	rathon	0 1984Dec31
6 mi	NM	1978May28	Clovis	Clovis 6mi		0 1984Dec31
10 km	NV	1977Mar06	Las Vegas	Las Vegas 10K		0 1980Sep01
10 km	NV	1980Sep25	Las Vegas	Las Vegas Sun 10K		0 1984Dec31
10 km	NV	1982Aug08	Stateline	Tahoe 10K		2.9 p/p 1984Dec31
15 km	NV	1978Mar11	Las Vegas	Sunset Park 15K		0 1980Sep01
15 km	NV	1968Apr17	Reno	Reno 15K		0 1984Dec31
20 km	NV	1978Mar11	Las Vegas	Sunset Park 20K		0 1980Sep01
25 km	NV	1978Mar11	Las Vegas	Sunset Park 25K		0 1980Sep01
30 km	NV	1978Mar11	Las Vegas	Sunset Park 30K		0 1980Sep01
5 mi	NV	1978Feb18	Las Vegas	Las Vegas 5mi		0 1984Dec31
21.1 km	NV	1979May30	Las Vegas	Celebrity Half-Marathon		0 1984Dec31
42.2 km	NV	1976Jul02	Incline Village	Lake Tahoe Marathon		0 1984Dec31
42.2 km	NV	1969Jan09	Las Vegas	World Masters Marathon		p/p 1972Jan23
42.2 km	NV	1972Jan23	Las Vegas	Las Vegas Marathon		p/p 1977Aug07
42.2 km	NV	1977Aug07	Las Vegas	Las Vegas Marathon		p/p
42.2 km	NV	1982Oct03	Las Vegas	Las Vegas Marathon		23.1 p/p 1984Dec31
42.2 km	NV	1980Sep23	Las Vegas	Las Vegas Sun Marathon		0 1984Dec31
42.2 km	NV	1983Aug14	Reno	Circus Circus Marathon		0
42.2 km	NV	1975Jul04	Reno	Silver State Marathon		p/p 1984Dec31
5 km	NY	1979Apr11	Binghamton	Chensus Run 5K		0 1984Dec31
5 km	NY	1978Jul27	Binghamton	Sun Run		p/p 1984Dec31
5 km	NY	1982May02	DeRuyter	Tromptown Run 5K		0 1984Dec31
5 km	NY	1983Nov09	East Meadow	Eisenhower Park 5K (1 lo	op)	0
5 km	NY	1983Nov09	East Meadow	Eisenhower Park 5K (2 lo	ops)	0
5 km	NY	1979May02	Endwell	Union Road Run		0 1984Dec31

5 km	NY	1983May18	Liverpool	Onondaga Lake Park 5K		0
5 km	NY	1982Jun02	New York	Flushing Meadow TC Summe	r Series 5K	0
5 km	NY	1983Aug18	Owego	River Run & Run for Hope		0
8 km	NY	1983May18	Liverpool	Onondaga Lake Park 8K		0
8 km	NY	1979Dec16	New York	Midnight Run		0 1984Dec31
10 km	NY	1979Feb25	Albany	Freihofer's Run for Wome	n 10K	0 1979Dec31
10 km	NY	1982Mar23	Albany	Freihofer's Run for Wome	n 10K	0
10 km	NY	1982Dec07	Albany	Freihofer's Run for Wome	n 10K	0
10 km	NY	1983Oct22	Babylon	Lions Turkey Trot 10K		0
10 km	NY	1980Mar12	Binghamton	March of Dimes 10K		0 1984Dec31
10 km	NY	1978Jun04	Binghamton	Marine Midland 10K		0 1984Dec31
10 km	NY	1978Jul27	Binghamton	Sun Run		p/p 1984Dec31
10 km	NY	1966	Bronx	Van Cortlandt Park XC 10	K	0 1984Dec31
10 km	NY	1980May04	Buffalo	Carborundum 10K		0 1984Dec31
10 km	NY	1980Jan18	Buffalo	Firefighters 10K		0 1984Dec31
10 km	NY	1980May04	Buffalo	Mentholatum Women's 10K		0 1984Dec31
10 km	NY	1981Aug03	Camillus	Race of Champions 10K		0 1984Dec31
10 km	NY	1980Aug17	Corning	Diet Pepsi 10K		0 1981Jun22
10 km	NY	1981Jun22	Corning	Diet Pepsi 10K		0
10 km	NY	1983Mar05	Corning	Pepsi Challenge 10K		0
10 km	NY	1983Jan08	Corning	Hilton-Leader Celebratio	n 10K	0 1984Dec31
10 km	NY	1978Nov05	DeRuyter	Tromptown Run 10K		0
10 km	NY	1982May15	DeRuyter	Tromptown Run 10K		0 1984Dec31
10 km	NY	1983Nov09	East Meadow	Eisenhower Park 10K		0
10 km	NY	1980Jun08	East Syracuse	Diet Pepsi 10K		0 1980Jun12
10 km	NY	1980Jun08	East Syracuse	Diet Pepsi 10K		0
10 km	NY	1979May02	Endwell	Union Road Run		0 1984Dec31
10 km	NY	1978Jul19	Fredonia	Fredonia Farm Festival 1	OK	0 1984Dec31
10 km	NY	1979Dec22	Grand Island	Olympic Trials Women's 1	OK	0 1984Dec31
10 km	NY	1982Mar15	Irondequoit	Knights of Columbus 10K		0 1984Dec31
10 km	NY	1980Jun25	Lancaster	Boys Club Firecracker 10	K	0 1984Dec31
10 km	NY	1979Jun21	Liverpool	Diet Pepsi 10K		0
10 km	NY	1980Jun12	Liverpool	Diet Pepsi 10K		0 1984Dec31
10 km	NY	1983May11	Liverpool	Onondaga Lake Park 10K		0
10 km	NY	1983Jun21	Monticello	Monticello Rotary 10K		0
10 km	NY	1980Jun10	New York	Diet Pepsi Regional 10K		p/p
10 km	NY	1980Jul20	New York	El Barrio-Lite Beer 10K		0 1984Dec31
10 km	NY	1978Nov05	New York	Heights-Inwood 10K		0 1984Dec31
10 km	NY	1980May26	New York	L'Eggs Mini-marathon		0 1984Dec31
10 km	NY	1981Sep09	New York	Mazola Corn Oil-YMCA 10K		0 1984Dec31
10 km	NY	1978Sep09	New York	New Harlem 10K		0 1984Dec31
10 km	NY	1982Jun30	New York	Pepsi Challenge National	s 10K	6.3 p/p 1984Dec31
10 km	NY	1981Sep09	New York	Perrier 10K		0 1984Dec31
10 km	NY	1978Nov05	New York	Roosevelt Island 10K		0 1984Dec31
10 km	NY	1979Jun17	Northport	Great Cow Harbor 10K		0 1984Dec31
10 km	NY	1983Mar30	Nyack	Run for Fun 10K		0
10 km	NY	1980Aug17	Olean	Olean Jaycees JFK 10K		0 1984Dec31
10 km	NY	1983Jul10	Owego	Run for Hope 10K		0
10 km	NY	1980Mar21	Plainview	Police Boys Club 10K		0 1984Dec31
10 km	NY	1978Sep19	Purchase	Diet Pepsi Finals 10K		0 1984Dec31
10 km	NY	1982Aug29	Rochester	Dannon 10K		0 1984Dec31
10 km	NY	1982Mar21	Rochester	Lilac 10K		0
10 km	NY	1982Nov26	Rochester	Lilac 10K		0 1984Dec31
10 km	NY	1982May12	Rochester	The Human Race 10K		0 1984Dec31
10 km	NY	1981Jun02	Shelter Island	Shelter Island 10K		0 1984Dec31
10 km	NY	1981Mar19	Sidney	General Clinton 10K (to	Bainbridge)	0.3 p/p 1984Dec31
10 km	NY	1983May22	Syracuse	American General Classic		0 1984Dec31
10 km	NY	1979May06	Syracuse	Burger King-North Area Y	10K	p/p 1984Dec31
10 km	NY	1970Mar21	Yonkers	Tibbetts Brook Park 10K		0 1984Dec31
10 km	NY	1982Jun07	Youngstown	Athletic Club 10K		0 1984Dec31

15 km	NY	1977Jun12	Alden	Niagara AAU 15K		0	1984Dec31
15 km	NY	1969Apr28	Bayside	Queensborough CC Bike Pa	th 15K	0	1984Dec31
15 km	NY	1979Apr18	Binghamton	Chensus Run 15K		0	1984Dec31
15 km	NY	1973Feb24	Binghamton	The Forks XV		0	1984Dec31
15 km	NY	1966Dec	Bronx	Macombs Dam Park 15K		0	1984Dec31
15 km	NY	1971Aug15	Bronx	Van Cortlandt Park 15K		0	1984Dec31
15 km	NY	1983Nov01	East Meadow	Eisenhower Park 15K		0	
15 km	NY	1981Sep21	Lafayette	Apple Fest 15K		0	1984Dec31
15 km	NY	1983May07	Manlius	Dynamis 15K		0	1984Dec31
15 km	NY	1975Jun18	New Paltz	Lake Mohonk 15K		0	1984Dec31
15 km	NY	1974Jan	New York	Central Park 15K		0	1984Dec31
15 km	NY	1980May04	Palmyra	Canaltown Days 15K		0	1984Dec31
15 km	NY	1974Mar22	Scarsdale	Scarsdale 15K		0	1984Dec31
15 km	NY	1981Sep27	Schenectady	Stockade-athon 15K		0	
15 km	NY	1982Oct19	Schenectady	Stockade-athon 15K		0	
15 km	NY	1978May07	Utica	Boilermaker 15K		p/p	1984Dec31
20 km	NY	1980Mar12	Binghamton	March of Dimes 20K		0	1984Dec31
20 km	NY	1978Jul28	Binghamton	Sun Run		0	1984Dec31
20 km	NY	1971Aug15	Bronx	Van Cortlandt Park 20K		0	1984Dec31
20 km	NY	1980Aug31	Buffalo	Heart Fund 20K		0	1984Dec31
20 km	NY	1983Nov09	East Meadow	Eisenhower Park 20K		0	
20 km	NY	1975Jun13	East Northport	Huntington to East North	port	p/p	1984Dec31
20 km	NY	1968	New York	Central Park 20K		0	1984Dec31
20 km	NY	1972Sep09	Onondaga	Onondaga 20K		0	1984Dec31
20 km	NY	1975Nov16	Orchard Park	Chestnut Ridge Park 20K		0	1984Dec31
20 km	NY	1965Sep	Poughkeepsie	Poughkeepsie 20K		0	1984Dec31
20 km	NY	1972Mar26	Vestal	Vestal XX		0	
20 km	NY	1982May30	Vestal	Vestal XX		0	1984Dec31
25 km	NY	1974Mar27	Albany	Schenectady to Albany		p/p	1984Dec31
25 km	NY	1970Sep02	Baldwinsville	Baldwinsville to Solway		p/p	
25 km	NY	1982Apr14	Baldwinsville	The Q Run		0	1984Dec31
25 km	NY	1970Oct12	Bronx	Van Cortlandt Park 25K		0	1984Dec31
25 km	NY	1983Nov09	East Meadow	Eisenhower Park 25K		0	
25 km	NY	1977Nov12	Lagrange	Turkey Trot 25K		0	1984Dec31
25 km	NY	1971May29	Manlius	National Junior AAU 25K		?	1984Dec31
25 km	NY	1966Nov13	New York	Central Park 25K		0	
25 km	NY	1981Sep11	New York	Central Park NYRRC 25K		0	1984Dec31
25 km	NY	1981Sep29	New York	Marathon Tune-up 25K		0	1984Dec31
25 km	NY	1972Oct09	Poughkeepsie	Arlington HS 25K		0	1984Dec31
25 km	NY	1965Aug15	Queens	Milk Run		0	1984Dec31
30 km	NY	1975Mar14	Albany	Bankathon 30K		p/p	1979Dec31
30 km	NY	1981Feb27	Albany	Price Chopperthon 30K		7.1 p/p	1984Dec31
30 km	NY	1966Dec	Bronx	Macombs Dam Park 30K		0	1984Dec31
30 km	NY	1970Nov07	Bronx	Van Cortlandt Park 30K		0	1984Dec31
30 km	NY	1982Jun09	Colonie	National TAC Championshi	ps 30K	0	1984Dec31
30 km	NY	1983Nov09	East Meadow	Eisenhower Park 30K		0	
30 km	NY	1971Oct30	New York	Central Park 30K		0	1984Dec31
50 km	NY	1983Nov09	East Meadow	Eisenhower Park 50K		0	
50 km	NY	1974Dec28	Queens	Alley Pond Park 50K		0	1984Dec31
5 mi	NY	1982Mar11	Bronx (Riverdale)	5-Borough Challenge (Man	u'rrers Hnvr)	p/p	1984Dec31
5 mi	NY	1982May01	Brooklyn	Coney Island 5mi		0	1984Dec31
5 mi	NY	1979Oct27	Buffalo	J Y Cameron Turkey Day 5	mi	0.8 p/p	1984Dec31
5 mi	NY	1983Aug02	Mineola	Mineola Mustang 5mi		0	
5 mi	NY	1982Dec31	New York	Midnight Run		0	
5 mi	NY	1979Nov05	Port Washington	Port Washington 5mi		0	1984Dec31
5 mi	NY	1981Mar22	Staten Island	5-Borough Challenge 5mi		0	1984Dec31
5 mi	NY	1981Feb08	Staten Island	Advance Memorial Day 5mi		0	
5 mi	NY	1979Jun01	Staten Island	Pepper Martin/West Brigh	ton 5mi	0	1980Jun01
5 mi	NY	1980Jun01	Staten Island	Pepper Martin (West Brig	hton) 5mi	0	1984Dec31
5 mi	NY	1982Jun09	Staten Island	Pepper Martin 5mi (alter	nate)	0	1984Dec31

10 mi	NY	1982Jun22	Cazenovia	July 4th-Dan Sutton 10mi		0	1984Dec31
10 mi	NY	1973Jul28	Fulton	Fulton Firemen's 10mi		0	1984Dec31
10 mi	NY	1980Apr26	New York	Trevira Twosome 10mi		0	1984Dec31
10 mi	NY	1980Apr05	Queens	Sri Chinmoy 10mi		0	1984Dec31
10 mi	NY	1972Jun10	Webster	Daniel Webster Day 10mi		0	1984Dec31
20 mi	NY	1966Dec	Bronx	Macombs Dam Park 20mi		0	1984Dec31
20 mi	NY	1973Jan01	New York	Central Park 20mi		0	1984Dec31
50 mi	NY	1981Oct29	Buffalo	Nickel City 50mi (Delawa	re Park)	0	1984Dec31
50 mi	NY	1971Jan30	New York	Central Park 50mi		0	1984Dec31
50 mi	NY	1967Oct	Poughkeepsie	US Route 9 50mi		0	1984Dec31
50 mi	NY	1966Jul09	Staten Island	National AAU 50mi (1966)		0	1966Dec31
50 mi	NY	1981Dec13	Valley Stream	Valley Stream 50mi		0	1984Dec31
100 mi	NY	1979May27	Queens	Unisphere 100mi		0	
100 mi	NY	1982Jul01	Queens	New York Invitational 10	Omi	0	1984Dec31
21.1 km	NY	1983Feb19	Brooklyn	Brooklyn Half-Marathon		0	
21.1 km	NY	1975Aug27	Catskill	Catskill to Coxsackie		p/p	1984Dec31
21.1 km	NY	1980Jun14	Clarence	Country Road Half-Marath	on	0	1984Dec31
21.1 km	NY	1982May11	DeRuyter	Tromptown Run Half-Marat	hon	0	1984Dec31
21.1 km	NY	1982Jun11	New Rochelle	Westchester Half-Maratho	n	p/p	1984Dec31
21.1 km	NY	1980Sep05	New York	Avon Women's Half-Marath	on	0	
21.1 km	NY	1981Oct08	New York	Avon Women's Half-Marath	on	0	
21.1 km	NY	1983Sep20	New York	Avon Women's Half-Marath	on	0	
21.1 km	NY	1973Jun23	New York	Hispanic Half-Marathon		0	1984Dec31
21.1 km	NY	1980Nov05	Queens	Sri Chinmoy Half-Maratho	n	0	1984Dec31
42.2 km	NY	1981Jan21	Albany	Hudson-Mohawk Marathon		0	1981Oct10
42.2 km	NY	1981Oct10	Albany	Hudson-Mohawk Marathon		0	
42.2 km	NY	1982Nov20	Albany	Hudson-Mohawk Marathon		0	
42.2 km	NY	1983Aug16	Albany	Mohawk Hudson River Mara	thon	2.7 p/p	
42.2 km	NY	1972Jul16	Barryville	Barryville Marathon [Ora	nge County]	0	1984Dec31
42.2 km	NY	1966Dec10	Bronx	Cherry Tree Marathon		0	1968Jan27
42.2 km	NY	1968Jan27	Bronx	Cherry Tree Marathon		0	1969Dec31
42.2 km	NY	1981Jan20	Buffalo	BMAL Last Chance Maratho	n	0	1984Dec31
42.2 km	NY	1974Aug28	Buffalo	Skylon International Mar	athon	p/p	1975Sep21
42.2 km	NY	1975Sep21	Buffalo	Skylon International Mar	athon	p/p	1978Jul28
42.2 km	NY	1978Jul28	Buffalo	Skylon International Mar	athon	p/p	1984Dec31
42.2 km	NY	1979Aug25	Buffalo	US Olympic Trial Maratho	n	0.4 p/p	1980May17
42.2 km	NY	1980May17	Buffalo	US Olympic Trial Maratho	n	0.4 p/p	1980Dec31
42.2 km	NY	1979Apr20	East Meadow	Long Island Marathon		0	
42.2 km	NY	1980Feb17	East Meadow	Long Island (The Runners	) Marathon	0	
42.2 km	NY	1978Sep03	Ft Herkimer	Adam Helmer Marathon		p/p	1984Dec31
42.2 km	NY	1981Feb26	Greece	Lake Ontario Marathon		0	1984Dec31
42.2 km	NY	1973Sep22	Ithaca	Finger Lakes Marathon		p/p	1984Dec31
42.2 km	NY	1980Aug23	Lagrange	Dutchess County Marathon		0	1984Dec31
42.2 km	NY	1978Sep09	Lake Placid	Lake Placid Marathon		p/p	1979Aug15
42.2 km	NY	1979Aug15	Lake Placid	Lake Placid Marathon		p/p	1984Dec31
42.2 km	NY	1971Apr03	Liverpool	First Trust Marathon		p/p	1972Jan22
42.2 km	NY	1972Apr08	Liverpool	First Trust Marathon		0	1981May10
42.2 km	NY	1983Apr09	Long Beach	Newsday Long Island Mara	thon	p/p	
42.2 km	NY	1981May10	Lysander	Milk Run & Empire Games	Marathon	0	1984Dec31
42.2 km	NY	1981Dec31	Margretville	Pepacton Paleface Marath	on	0	1984Dec31
42.2 km	NY	1970Sep08	New York	New York Marathon		0	1973Sep09
42.2 km	NY	1973Sep09	New York	New York Marathon		0	
42.2 km	NY	1977Sep11	New York	New York City Marathon		p/p	1978Sep24
42.2 km	NY	1978Sep24	New York	New York City Marathon		p/p	1980Sep20
42.2 km	NY	1980Sep20	New York	New York City Marathon		p/p	1981Aug09
42.2 km	NY	1981Aug09	New York	New York City Marathon		p/p	
42.2 km	NY	1982Oct09	New York	New York City Marathon		0.1 p/p	1984Dec31
42.2 km	NY	1971Aug13	New York	Puerto Rican Hispanic Ma	rathon	0	1977Dec31
42.2 km	NY	1983Jun01	Owego	Strawberry Festival Mara	thon	0	
42.2 km	NY	1982Apr25	Painted Post	Wineglass Marathon		0 p/p	1984Dec31

42.2 km	NY	1978May11	Plattsburgh	Champlain Valley Maratho	n	p/p	1984Dec31
42.2 km	NY	1970Apr30	Port Washington	Regional Olympic Develop	ment M	0	
42.2 km	NY	1971Jan30	Queens	Earth Day Marathon		0	1975Mar17
42.2 km	NY	1975Mar17	Queens	Earth Day Marathon		0	
42.2 km	NY	1982Sep14	Queens	Sri Chinmoy Marathon		0	1984Dec31
42.2 km	NY	1972Jul16	Rochester	Rochester Marathon		0	1984Dec31
42.2 km	NY	1983May19	Southampton	Stephen Talkhouse Marath	on	0 p/p	1984Dec31
42.2 km	NY	1980Jul01	Star Lake	Adirondack Marathon		-1.3 p/p	1984Dec31
42.2 km	NY	1979May10	Syracuse	Burger King-North Area Y	Marathon	p/p	1981May10
42.2 km	NY	1981Apr20	Troy	Heritage Trail Marathon		0	1984Dec31
42.2 km	NY	1965Oct16	Yonkers	Yonkers Marathon		0	1970Dec31
42.2 km	NY	1972Jun04	Yonkers	Yonkers Marathon		0	1973Sep30
42.2 km	NY	1973Sep30	Yonkers	Yonkers Marathon		0	1974Jun14
42.2 km	NY	1974Jun14	Yonkers	Yonkers Marathon		0	
42.2 km	NY	1982Apr29	Yonkers	Yonkers Marathon		0	1984Dec31
8 mi	NY	1981Aug23	Albany	Run for Life 8mi		p/p	1984Dec31
1 mi	NY	1979Apr11	Binghamton	Chensus Run 1mi		0	1984Dec31
45 mi	NY	1966Apr03	Bronx	Bronx 45mi		0	
4 mi	NY	1966Oct22	Bronx	Harlem River 4mi		0	
5.01 mi	NY	1970Aug01	Bronx	Randall's Island (5.01mi	)	0	1984Dec31
3 km	NY	1970Oct09	Bronx	Van Cortlandt Park 3K		?	1984Dec31
25.44 mi	NY	1965Oct24	Bronx	Van Cortlandt to Zappan	Zee	0	
4 mi	NY	1981Oct04	Brooklyn	Sri Chinmoy 4mi		0	1984Dec31
3 mi	NY	1978Nov05	DeRuyter	Tromptown Run 3mi		0	1984Dec31
13.22 mi	NY	1978Nov05	DeRuyter	Tromptown Run (13.22mi)		0	1984Dec31
1 mi	NY	1983Nov19c	East Meadow	Banana Loop 1mi		0	
1 mi	NY	1983Oct06	East Meadow	Olympic Mile		0	
4 mi	NY	1981Nov14	New York	Avon 4mi (w)		0	1984Dec31
60 km	NY	1978Mar03	New York	Knickerbocker 60K		0	1984Dec31
7 mi	NY	1982Mar30	New York	Reversible Run 7mi (Cent	ral Park)	0	1984Dec31
13 mi	NY	1979Nov06	New York	Sri Chinmoy 13mi		0	1984Dec31
6 mi	NY	1983Nov26	New York	Winter Series 6mi		0	
7 mi	NY	1977May21	North Salem	Titicus Reservoir 7mi		0	1984Dec31
70 mi	NY	1983Oct10	Queens	Sri Chinmoy 70mi		0	
3 mi	NY	1966Oct22	Yonkers	Marine Corps League 3mi		0	
1.06 mi	NY	1965Jul	Bronx	Bronx Markets 1.06mi clo	sed loop	0	1984Dec31
4 mi	NY	1969Jan04	Bronx	Harlem River 4mi closed	loop	0	1984Dec31
5.32 4mi	NY	1969Jan04	Bronx	Harlem River 5.324mi clo	sed loop	0	1984Dec31
1.03 7mi	NY	1965Oct12	Bronx	Van Cortlandt Pk S 1.037	mi clsd loop	0	1984Dec31
4.86 3mi	NY	1965Oct12	Bronx	Van Cortlandt Pk S 4.863	mi clsd loop	0	1984Dec31
4.31 2mi	NY	1967Oct22	Queens	Alley Pond Park 4.312mi	closed loop	0	1984Dec31
5 km	OH	1983Aug27	Columbus	Battelle-OSU Bikepath 5K		0	
5 km	OH	1982Aug14	Columbus	Muscular Dystrophy 5K		0	1984Dec31
5 km	OH	1983Nov19	Delaware	Columbus RR Masters 5K		0	
5 km	OH	1983Apr05	Lima	Scholarship Race		0	
5 km	OH	1983Feb21	Marion	Old Towne Marion 5K		0	
5 km	OH	1982May05	Tiffin	Betty Jane 5K		0	1984Dec31
5 km	OH	1983Apr21	Toledo	Ohio TAC Women's 5K		0	
5 km	OH	1983Jul02	Toledo	Riverside Reach for Heal	th 5K	0	
10 km	OH	1981Sep05	Athens	Indian Summer 10K		0	1984Dec31
10 km	OH	1981May26	Celina	Celina Lake 10K		0	1984Dec31
10 km	OH	1979Apr07	Cleveland	RevCo-Cleveland 10K		0	1981Apr12
10 km	OH	1981Apr12	Cleveland	RevCo-Cleveland 10K		0	1984Dec31
10 km	OH	1982Jun13	Columbus	Bank One 10K		0	
10 km	OH	1981Apr18	Columbus	Bonne Bell 10K		0	1984Dec31
10 km	OH	1983Jan29	Columbus	Park of Roses 10K		0	
10 km	OH	1983Jul22	Columbus	Run for Reason 10K		0	
10 km	OH	1982May20	Delaware	Alum Creek State Park 10	K	0	
10 km	OH	1983Mar13	Delta	Chicken Run		0	

10 km	OH	1974May07	Dunkirk	Kiwanis 10K				1984Dec31
10 km	OH	1973Jul14	Galion	Galion Mini-marathon			0	1984Dec31
10 km	OH	1982Sep12	Hamilton	Erie Canal Classic			0	1984Dec31
10 km	OH	1982Jul13	Junction City	Scandia Run			0	
10 km	OH	1983Apr27	Kettering	Oakwood Lions 10K			0	
10 km	OH	1980Jul01	Lima	Diet Pepsi 10K			0	1984Dec31
10 km	OH	1980Mar16	Lima	Lima 10K			0	1984Dec31
10 km	OH	1981Mar02	Lima	OSU-Lima Tech 10K			0	1984Dec31
10 km	OH	1983Jun30	Maumee	Charlie's Dodge 10K			0	
10 km	OH	1982Jun08	Minster	Oktoberfest (Classic) 10	K		-0.1 p/p	1984Dec31
10 km	OH	1983Apr13	Niles	Pro-Feet 10K			0	
10 km	OH	1983Oct02	Oak Harbor	Apple Festival 10K			0	
10 km	OH	1983May17	Piqua	Christ Striders Spring R	un		0	
10 km	OH	1983Aug05	Sandusky	Cedar Point 10K			0	
10 km	OH	1980Jul14	Shaker Heights	Shaker Square 10K			0	1984Dec31
10 km	OH	1982Jul15	Spencerville	Canal Stop 10K			0	1984Dec31
10 km	OH	1983Aug20	Sylvania	Run Against Cancer 10K			0	
10 km	OH	1982May05	Tiffin	Seneca Strider & Saturda	y Spectclr		0	1984Dec31
10 km	OH	1983Aug23	Tipp City	Run for the Mums 10K			0	
10 km	OH	1983Jun25	Toledo	Toledo Blade 10K			0	
10 km	OH	1983May10	Whitehouse	Stroh's Cherryfest 10K			0	
10 km	OH	1982Oct01	Youngstown	International Peace Race			0	1984Dec31
10 km	OH	1975Nov18	Youngstown	Mill Creek Park 10K			0	
15 km	OH	1980Mar09	Cincinnati	Heart Mini-marathon			0	1984Dec31
15 km	OH	1977Sep27	Columbus	National AAU Masters 15K			0	1978Oct22
15 km	OH	1978Oct22	Columbus	National AAU Masters 15K			0	1984Dec31
15 km	OH	1971Feb02	Cuyahoga Falls	Cuyahoga Falls 15K			0	1984Dec31
15 km	OH	1979Aug05	Mantua	Potato Stomp 15K			0	1984Dec31
15 km	OH	1983Jul09	St Clairsville	St Clair Classic			0	
15 km	OH	1983Mar12	Toledo	Old West End 15K			0	
15 km	OH	1982May24	Vandalia	Crossroads of America 15	K		0	1984Dec31
20 km	OH	1982Jun13	Columbus	Bank One Marathon 20K sp	lit		p/p	1984Dec31
20 km	OH	1982Sep25	Palma Heights	Health Run Spectacular 2	OK		0	1984Dec31
20 km	OH	1975Nov18	Youngstown	Youngstown 20K			0	1984Dec31
25 km	OH	1968Aug06	Cleveland	National Senior AAU 25K			-1968	0 1984Dec31
25 km	OH	1976Sep05	Youngstown	International Peace Race			0	
25 km	OH	1982Oct01	Youngstown	International Peace Race			0	1984Dec31
30 km	OH	1975Aug27	Columbus	Columbus 30K			0	1984Dec31
30 km	OH	1982Jun13	Columbus	Bank One Marathon 30K sp	lit		p/p	1984Dec31
30 km	OH	1979Mar11	Springdale	National AAU Women's 30K			0	1984Dec31
50 km	OH	1983Mar26	Columbus	Run for Life 50K			0	
100 km	OH	1980Mar	Columbus	National Run for Life 10	OK		0	
100 km	OH	1981Apr05	Columbus	National Run for Life 10	OK		0	
100 km	OH	1983Mar26	Columbus	Run for Life 100K			0	
100 km	OH	1978Nov04	Toledo	Vic Tanny 100K			0	1984Dec31
5 mi	OH	1980Mar31	Columbus	National Run for Life 5m	i		0	1984Dec31
5 mi	OH	1983Aug05	Columbus	Wolfpack Bikepath 5mi			0	
5 mi	OH	1983Jun05	Coshocton	BancOhio Towpath Trot 5m	i		0	
5 mi	OH	1983Oct14	Delaware	Grady Memorial Hospital	5mi		0	
5 mi	OH	1982Sep25	Dublin	Spring Run			0	1984Dec31
5 mi	OH	1983Sep30	Gahanna	Gahanna 5mi			0	
5 mi	OH	1983Apr09	Hilliard	Hilliard Derby 5mi			0	
5 mi	OH	1983Jun25	Painesville	News Herald Johnnycake J	og		0	
5 mi	OH	1983Jun11	Powell	Columbus Zoo 5mi			0	
5 mi	OH	1983Jul03	Vandalia	Crossroads of America Cl	assic		0	
5 mi	OH	1983May13	West Jefferson	Battelle Lake 5mi			0	
5 mi	OH	1982Nov28	Zoar	Historic Zoar Hotel 5mi			0.4 p/p	1984Dec31
10 mi	OH	1982Aug07	Columbus	Realtors Run 10mi			0	
10 mi	OH	1983Jul23	Columbus	Realtors Run 10mi			0	
10 mi	OH	1981Jul08	Delaware	All-Ohio Masters 10mi (A	lum Crk Bch)		0	1984Dec31



10 mi	OH	1980Oct11	Lima	OSU-Lima Technical College	10-4	0	1984Dec31
20 mi	OH	1982Jun13	Columbus	Bank One Marathon 20 miles	split	p/p	1984Dec31
50 mi	OH	1983Mar26	Columbus	Run for Life 50mi		0	
50 mi	OH	1978Nov04	Toledo	Vic Tanny 50mi		0	
100 mi	OH	1983Mar26	Columbus	Run for Life 100mi		0	
21.1 km	OH	1980Oct19	Dayton	River Corridor Classic		0	
21.1 km	OH	1983Aug06	Dayton	River Corridor Classic		0	
21.1 km	OH	1983Oct09	Perrysburg	TV-13 Strong Half-Marathon	on	0	
42.2 km	OH	1980Feb09	Athens	Athens Marathon		0	1984Dec31
42.2 km	OH	1970Sep07	Canton	Amoco Marathon		p/p	1984Dec31
42.2 km	OH	1980Aug31	Centerville	Ohio RRC Marathon		0	1984Dec31
42.2 km	OH	1980Feb17	Cincinnati	Phidippides Marathon		0	1984Dec31
42.2 km	OH	1976Apr10	Cleveland	Western Reserve Marathon		2.6 p/p	1977Dec31
42.2 km	OH	1979Apr07	Cleveland	RevCo-Cleveland Marathon		0	1981Apr12
42.2 km	OH	1981Apr12	Cleveland	RevCo-Cleveland Marathon		0	1984Dec31
42.2 km	OH	1982Oct03	Cleveland Heights	Heights Six Cities Marathon	hon	0	
42.2 km	OH	1983Sep24	Cleveland Heights	Heights Six Cities Marathon	hon	0	1984Dec31
42.2 km	OH	1980Apr06	Columbus	Bank One Marathon		0	
42.2 km	OH	1982Jun13	Columbus	Bank One Marathon		0	
42.2 km	OH	1983Mar26	Columbus	Run for Life Marathon		0	
42.2 km	OH	1981Jan26	Dayton	Phidippides Marathon		0	1984Dec31
42.2 km	OH	1982May03	Delaware	Alum Creek Mother's Day	(Ohio) M	0	1984Dec31
42.2 km	OH	1974Aug24	Monroe	Monroe Marathon		0	1980Aug31
42.2 km	OH	1973Jun14	Toledo	Glass City Marathon		0	
42.2 km	OH	1983Aug06	Toledo	Glass City City Marathon		0	
42.2 km	OH	1983Feb19	West Carrollton	The Starting Line Marathon	on	0	
3 mi	OH	1982Aug07	Columbus	Realtors Run 3mi		0	
3 mi	OH	1983Jul23	Columbus	Realtors Run 3mi		0	
4 mi	OH	1983Feb19	Columbus Grove	Bottle Opener 4mi		0	
17 km	OH	1981May28	Germantown	Dannon-OhioRRC Country Classic (17K)		0	1984Dec31
7.81 2mi	OH	1976Oct16	Lakewood	Great Bonne Bell Run-In (7.812mi)		p/p	1984Dec31
1.5 mi	OH	1983Sep18	Woodsfield	Monroe County Airport (1.5mi)		0	
1.17 3mi	OH	1982Aug27	Columbus	Antrim Lake 1.1727mi closed loop		0	1984Dec31
5 mi	OH	1983Mar26	Columbus	Run for Life 5mi closed loop		0	
3.09 7mi	OH	1978Nov04	Toledo	Vic Tanny 3.097mi closed loop		0	1984Dec31
5 km	OK	1983May11	Collinsville	Firecracker 5K		0	
5 km	OK	1983Apr10	Edmond	Broncho 5K		0	
5 km	OK	1983Jul13	Enid	Chisholm Trail 5K		0	
5 km	OK	1981Jan23	Lawton	Southwestern Oklahoma 5K		0	1984Dec31
5 km	OK	1983Mar02	Oklahoma City	Fun and Fitness Run		0	
5 km	OK	1983Apr03	Oklahoma City	Lake Draper 5K		0	
5 km	OK	1983Jul23	Oklahoma City	Lake Overholser 5K		0	
5 km	OK	1983Feb27	Oklahoma City	Oklahoma City RC (Stars & Stripes Pk)		0	
5 km	OK	1979Sep26	Tulsa	Mohawk Park 5K		0	1984Dec31
5 km	OK	1983May22	Tulsa	Superun 5K		-0.6 p/p	
8 km	OK	1983Oct02	Claremore	Will Rogers 8K		0	
8 km	OK	1983Aug20	Hulbert	Western Hills Roundup 8K		0	
8 km	OK	1983Jun20	Inola	Run for St Jude 8K		0	
8 km	OK	1983May31	Jay	Huckleberry Run		0	
8 km	OK	1983Jul01	Langley	South Grand Lake 8K		-0.9 p/p	
8 km	OK	1983Jul23	Oklahoma City	Community College 8K		0	
8 km	OK	1983Apr03	Oklahoma City	Lake Draper 8K		0	
8 km	OK	1983May29	Oklahoma City	Lake Overholser 8K		0	
8 km	OK	1983Oct16	Oklahoma City	Oklahoma Grand Prix 8K		0	
8 km	OK	1983Sep18	Pawnee	Pawnee Lake 8K		0	
8 km	OK	1982Sep04	Tulsa	Challenger 8K		-3 p/p	1984Dec31
8 km	OK	1983Jul19	Tulsa	Y Not Run		0	
10 km	OK	1980Jul15	Bartlesville	YMCA Labor Day Run		0	
10 km	OK	1983Apr10	Edmond	Broncho 10K		0	

10 km	OK	1983Jul16	Enid	Chisholm Trail 10K		0
10 km	OK	1983Jun06	Grove	Grand Lake Challenge 10K		0
10 km	OK	1983Aug20	Hulbert	Western Hills Roundup 10	K	0
10 km	OK	1983Apr10	Muskogee	Spring Rotary Run		0
10 km	OK	1983Feb10	Nichols Hills	Redbud Classic		1.1 p/p
10 km	OK	1983Mar02	Oklahoma City	Fun and Fitness Run		0
10 km	OK	1983Mar13	Oklahoma City	Junior Symphony Festival	10K	0
10 km	OK	1983Apr03	Oklahoma City	Lake Draper 10K		0
10 km	OK	1983Jul03	Oklahoma City	Lake Overholser 10K		0
10 km	OK	1982Sep26	Oklahoma City	Oklahoma 10K		0 1984Dec31
10 km	OK	1983Feb27	Oklahoma City	Oklahoma City RC (Stars&	Stripes Pk)	0
10 km	OK	1983Apr30	Oklahoma City	Zoo Run		0
10 km	OK	1983Jul02	Ponca City	Conoco Employees Associat	ion Fun Run	0
10 km	OK	1982May09	Ponca City	Cherokee Strip 10K		0
10 km	OK	1983Jan09	Ponca City	Cherokee Strip 10K		0
10 km	OK	1982Jul31	Ponca City	Heart (Pioneer Woman) Ru	n	0
10 km	OK	1983Jan16	Ponca City	Pioneer Woman 10K		0
10 km	OK	1981Jul08	Shawnee	Old Santa Fe Days 10K		0 1984Dec31
10 km	OK	1982Sep15	Shiatook	Pioneer Day 10K		0 1984Dec31
10 km	OK	1982Feb28	Tahlequah	Redman Run		0 1984Dec31
10 km	OK	1983Sep25	Tulsa	Gilcrease Hills 10K		0
10 km	OK	1982Apr11	Tulsa	Hurricane Run		0 1984Dec31
10 km	OK	1970Nov01	Tulsa	Mohawk Park 10K		0 1978Dec31
10 km	OK	1979Sep26	Tulsa	Mohawk Park 10K		0 1984Dec31
10 km	OK	1982Mar12	Tulsa	Pepsi Challenge 10K		0 1984Dec31
12 km	OK	1983Sep08	Tulsa	Mohawk Park 12K		0
12 km	OK	1983Oct14	Vici	Fall Festival 12K		0
15 km	OK	1983Apr03	Oklahoma City	Lake Draper 15K		0
15 km	OK	1983Apr10	Oklahoma City	Oklahoma Run		0
15 km	OK	1983Nov05	Ponca City	Groundhog Day 15K		0
15 km	OK	1970Nov01	Tulsa	Mohawk Park 15K		0 1978Dec31
15 km	OK	1979Sep26	Tulsa	Mohawk Park 15K		0 1984Dec31
15 km	OK	1981Aug23	Tulsa	Tulsa Run		0 1981Oct18
15 km	OK	1981Oct18	Tulsa	Tulsa Run		0
15 km	OK	1983Aug14	Tulsa	Tulsa Run		0
20 km	OK	1983Feb27	Oklahoma City	Oklahoma City RC (Stars&	Stripes Pk)	0
20 km	OK	1970Nov01	Tulsa	Mohawk Park 20K		0 1978Dec31
20 km	OK	1979Sep26	Tulsa	Mohawk Park 20K		0 1981Nov26
20 km	OK	1981Nov26	Tulsa	Mohawk Park 20K (Tulsa R	C)	0 1984Dec31
25 km	OK	1970Nov01	Tulsa	Mohawk Park 25K		0 1978Dec31
25 km	OK	1979Sep26	Tulsa	Mohawk Park 25K		0 1984Dec31
30 km	OK	1970Nov01	Tulsa	Mohawk Park 30K		0 1978Dec31
30 km	OK	1979Sep26	Tulsa	Mohawk Park 30K		0 1984Dec31
5 mi	OK	1981Aug23	Bartlesville	Woolaroc Road Race		0 1984Dec31
5 mi	OK	1983Jun08	Tulsa	Larry Aduddell Riverside	Run	-0.8 p/p
10 mi	OK	1983Sep03	Oklahoma City	Jerry Crockett Ten		0
21.1 km	OK	1982Nov07	Jenks	Jenks Half-Marathon		0
21.1 km	OK	1981Jan27	Lawton	Southeastern Oklahoma Ha	lf-Marathon	0 1984Dec31
21.1 km	OK	1983Aug25	Owasso	Owasso-Catoosa Half-Mara	thon	0.4 p/p
21.1 km	OK	1982Nov06	Tonkawa	Cherokee Outlet Half-Mar	athon	1.7 p/p
42.2 km	OK	1979Aug12	Enid	Chisholm Trail Marathon		0
42.2 km	OK	1983Jul16	Enid	Chisholm Trail Marathon		0
42.2 km	OK	1971Apr21	Gage	Roadrunner Marathon		0
42.2 km	OK	1983May21	Gage	Roadrunner Marathon		0
42.2 km	OK	1981Jan24	Lawton	Southwestern Oklahoma Ma	rathon	0
42.2 km	OK	1983Feb18	Lawton	Southwestern Oklahoma Ma	rathon	0
42.2 km	OK	1982Sep26	Oklahoma City	Oklahoma Marathon		0
42.2 km	OK	1978Sep04	Oklahoma City	Oklahoma City RC Maratho	n	0 1984Dec31
42.2 km	OK	1982Aug22	Tonkawa	Cherokee Outlet Marathon		0.8 p/p
42.2 km	OK	1970Nov01	Tulsa	Oil Capital Marathon		0 1977Dec31

42.2 km	OK	1979Sep23	Tulsa	Will Rogers Marathon		0	1984Dec31
3 mi	OK	1983Sep03	Oklahoma City	Jerry Crockett 3mi		0	
2 km	OK	1983Apr03	Oklahoma City	Lake Draper 2K		0	
3 km	OK	1983May29	Oklahoma City	Lake Overholser 3K		0	
3 km	OK	1983Apr10	Oklahoma City	Oklahoma Run 3K		0	
10.5 km	OK	1982Nov06	Tonkawa	Cherokee Outlet (10.5K)		3.4 p/p	
31.65 km	OK	1982Nov06	Tonkawa	Cherokee Outlet (31.65K)		1.1 p/p	
4 mi	OK	1983Aug25	Tulsa	Roy's Run 4mi		0	
8 mi	OK	1982Mar05	Tulsa	Zoo Run (8mi)		0	1984Dec31
3.08 3mi	OK	1970Nov01	Tulsa	Mohawk Park 3.083mi clos	ed loop	0	
3.84 4km	OK	1983Oct09	Vici	Vici Festival 3.844K clo	sed loop	0	
5 km	OR	1979Aug16	Roseburg	National Junior AAU 5K		?	1984Dec31
8 km	OR	1983Sep04	Eugene	Performing Arts 8K		0	
8 km	OR	1983May22	Eugene	The Race		-0.4 p/p	
8 km	OR	1983Oct06	Lake Grove	Clive Davies Big Run		0	
8 km	OR	1983Apr29	Portland	Viking Classic		0	
8 km	OR	1982May15	Springfield	Willamette Hospital Chic	ken Classic	0	
8 km	OR	1983Mar16	Wilsonville	Ash Meadows 8K		0	
10 km	OR	1983May15	Albany	Timber Carnival 10K		0	1984Dec31
10 km	OR	1981May08	Beaverton	Kiwanis 10K		0	1984Dec31
10 km	OR	1983Jul16	Bend	Bulletin Labor Day Run		0	
10 km	OR	1982Aug01	Canby	Canby Fair 10K		p/p	1984Dec31
10 km	OR	1983Mar16	Clackamas	Kaiser Spring Fling 10K		0	
10 km	OR	1982Oct08	Cottage Grove	Cancer Society Turkey Tr	ot 10K	4.3 p/p	
10 km	OR	1983Oct16	Cottage Grove	Turkey Run & Gentel Down	hill 10K	1.4 p/p	
10 km	OR	1982Jul05	Eugene	Butte-to-Butte 10K		3.2 p/p	1984Dec31
10 km	OR	1983Apr26	Eugene	Oregon TC Women's 10K		0	
10 km	OR	1981Jan25	Gladstone	Pow Wow 10K		0	1984Dec31
10 km	OR	1982Apr27	Junction City	Scandia Run		0	1984Dec31
10 km	OR	1980Dec22	Lake Oswego	Old River 10K		0	1984Dec31
10 km	OR	1982Apr27	Medford	Providence Hospital-Mail	Tribune 10K	0	1984Dec31
10 km	OR	1982Aug05	Milwaukie	Nordstrom International	10K	0.3 p/p	1984Dec31
10 km	OR	1980Dec27	Portland	Bagel Run & Delta Deligh	t 10K	0	1984Dec31
10 km	OR	1981Feb22	Portland	Lynden Downtown Classic		0	1981Apr20
10 km	OR	1981Apr20	Portland	Lynden Downtown Classic		0	1984Dec31
10 km	OR	1983Jul14	Portland	Nordstrom International	10K	0	
10 km	OR	1983Jul09	Portland	OMSI Turkey Trot 10K (Wa	shington Pk)	0	
10 km	OR	1982Aug03	Portland	Pepsi Challenge 10K		0	
10 km	OR	1983Aug10	Portland	Pepsi Challenge 10K		0	
10 km	OR	1982Mar28	Portland	Summer's End 10K (Tirich	Mir)	0	
10 km	OR	1983Feb12	Portland	Sun Run		0	
10 km	OR	1983Mar05	Portland	Tom McCall 10K		0	
10 km	OR	1981May14	Portland	Viking Classic		0	1984Dec31
10 km	OR	1981May10	Salem	Boon's 10K		0	1984Dec31
10 km	OR	1981Oct31	Salem	Dream of Roses 10K (w)		0	
10 km	OR	1983Aug23	Salem	Dream of Roses 10K (w)		0	
10 km	OR	1982Apr01	Springfield	Twin Rivers Rotary 10K		0	1984Dec31
10 km	OR	1983Jun18	Woodburn	Fireworks Run		0	1984Dec31
12 km	OR	1983May01	Portland	Run Between the States 1	2K	0	
15 km	OR	1983Jun19	Blue Lake	Blue Lake 15K		0	1984Dec31
15 km	OR	1981Jan18	Central Point	Rogue Valley Roundup 15K		0	1984Dec31
15 km	OR	1974Jan04	Lookingglass	Lookingglass 15K		0	1984Dec31
15 km	OR	1978Jun11	Portland	Cascade Run-off 15K		0	1979May20
15 km	OR	1979May20	Portland	Cascade Run-off 15K		0	1980May25
15 km	OR	1980May25	Portland	Cascade Run-off 15K		0	
15 km	OR	1982Aug22	Portland	Cascade Run-off 15K		0	
15 km	OR	1983Jun18	Talent	Pioneer Road Run		0	
20 km	OR	1980Jul20	Medford	Pear Blossom 20K		0	1984Dec31
20 km	OR	1976Nov30	Winchester	National Junior AAU 20K		?	1984Dec31

30 km	OR	1982Nov21	Eugene	Oregon TC 30K		0	1984Dec31
30 km	OR	1982Dec01	Portland	Oregon RRC 30K		0	1984Dec31
50 km	OR	1979Nov24	Roseburg	Oregon AAU 50K		0	1984Dec31
5 mi	OR	1983Sep12	Portland	Oktoberfest Run		0	
5 mi	OR	1982Feb27	Portland	Shamrock Run		0	1984Dec31
5 mi	OR	1982May15	Springfield	Willamette Hospital 5mi		?	1984Dec31
10 mi	OR	1981May03	Salem	Keizer Days 10mi		0	1984Dec31
50 mi	OR	1981Feb15	Grants Pass	Oregon TAC 50mi		0	1984Dec31
50 mi	OR	1978Jun08	Portland	Oregon RRC 50mi		0	1984Dec31
21.1 km	OR	1982Nov05	Beaverton	Rock Creek Half-Marathon		0	
21.1 km	OR	1980Apr23	Cottage Grove	Bohemia Mining Days Half	#NAME?	p/p	1984Dec31
21.1 km	OR	1981Jan25	Gladstone	Pow Wow Half-Marathon		0	1984Dec31
21.1 km	OR	1980Aug03	Lake Oswego	Natural Light Half-Marat	hon	0	1984Dec31
42.2 km	OR	1980Jul07	Albany	Fast Run on the Bank Mar	athon	0	1984Dec31
42.2 km	OR	1975Aug12	Central Point	National AAU Masters Mar	athon	0	1977Dec31
42.2 km	OR	1972Apr04	Eugene	All-Comers Marathon		0	1972Sep22
42.2 km	OR	1972Sep22	Eugene	Nike-Oregon TC Marathon		0	1973Sep30
42.2 km	OR	1973Sep30	Eugene	Nike-Oregon TC Marathon		0	1974Aug19
42.2 km	OR	1974Aug19	Eugene	Nike-Oregon TC Marathon		0	1980Aug24
42.2 km	OR	1980Aug24	Eugene	Nike-Oregon TC Marathon		0	1984Dec31
42.2 km	OR	1979Mar31	Eugene	Track Capital Marathon		0	1984Dec31
42.2 km	OR	1972Apr30	Eugene	US Olympic Trials Marath	on (1972)	0	1976Mar10
42.2 km	OR	1976Mar10	Eugene	US Olympic Trials Marath	on (1976)	0	
42.2 km	OR	1979Aug15	Forest Grove	Gales Creek Marathon		0	1984Dec31
42.2 km	OR	1973Oct27	Portland	Island (Sauvie Is) Marat	hon	0	1976Dec31
42.2 km	OR	1977Oct08	Portland	Portland Marathon		0	1978Nov12
42.2 km	OR	1978Nov12	Portland	Portland Marathon		0	1979Sep15
42.2 km	OR	1979Sep15	Portland	Portland Marathon		0	1980Sep30
42.2 km	OR	1980Sep30	Portland	Portland Marathon		0	
42.2 km	OR	1983Sep01	Portland	Portland Marathon		0	
42.2 km	OR	1979May27	Roseburg	Homestead-RTC Marathon		0	1981Aug23
42.2 km	OR	1981Aug23	Roseburg	100 Valleys Marathon		0	1984Dec31
42.2 km	OR	1981Jan18	Salem	Phidippides Marathon		0	1984Dec31
42.2 km	OR	1971Feb01	Seaside	Trail's End Marathon		p/p	1972Oct30
42.2 km	OR	1972Nov01	Seaside	Trail's End Marathon		p/p	1978Nov10
42.2 km	OR	1978Nov10	Seaside	Trail's End Marathon		0	
42.2 km	OR	1982Jan03	Seaside	Trail's End Marathon		0	1984Dec31
42.2 km	OR	1982Apr12	Weston	Blue Mountain Marathon		0	1984Dec31
5.17 mi	OR	1972Sep21	Eugene	Alton Baker Park 5.17mi	closed loop	0	1984Dec31
3.11 2mi	OR	1979Nov24	Roseburg	Stewart Park 3.112mi clo	sed loop	0	1984Dec31
5 km	PA	1983Mar27	Dowington	Dowington Loop 5K		0	
5 km	PA	1983Apr23	Grove City	United Community Hospita	l 5K	0	
10 km	PA	1983Aug06	Bensalem	Keystone 10K		0	
10 km	PA	1979Jul30	Erie	Triple Crown 10K		0	1984Dec31
10 km	PA	1983Apr29	Franklin	Pepsi Challenge 10K		0	
10 km	PA	1983Jul10	Grantville	Governor's Cup 10K		0	1984Dec31
10 km	PA	1983Sep07	Greenville	Autumn Classic		0	
10 km	PA	1983May11	Grove City	Sport and Bike Spring Cl	assic	0	
10 km	PA	1980Jun23	Jersey Shore	State Bank Tiadaghton 10	K	0	1984Dec31
10 km	PA	1983Oct10	Mercer	Lake Latonka Turkey Chas	e 10K	0	
10 km	PA	1983Jun01	Mercer	Mercer County Classic		0	
10 km	PA	1980Aug15	New Brighton	Pappan's 10K		0	1984Dec31
10 km	PA	1983Feb05	Philadelphia	Federation of Teachers 1	OK	0	
10 km	PA	1983Jul09	Philadelphia	Memorial Hall 10K		0	
10 km	PA	1975Sep22	Philadelphia	National AAU XC 10K		0	1984Dec31
10 km	PA	1983Apr23	Philadelphia	Provident Mutual Mini		0	
10 km	PA	1978Mar17	Philadelphia	River Run		0	1984Dec31
10 km	PA	1983Dec11	Philadelphia	Temple Tank Centennial 1	OK	0	
10 km	PA	1983Mar20	Philadelphia	West River Drive 10K		0	

10 km	PA	1983Sep08	Pittsburgh	Great Race		10.1 p/p
10 km	PA	1982Nov21	Troy	Troy Classic		0 1984Dec31
10 km	PA	1983Jul17	Washington	Washington Express 10K		9.4 p/p
10 km	PA	1981Jul29	West Chester	Brian's Run		0 1984Dec31
15 km	PA	1979Jul30	Erie	Triple Crown 15K		0 1984Dec31
15 km	PA	1981Mar21	Philadelphia	Nike Team Race 15K		0 1984Dec31
20 km	PA	1979Jul30	Erie	Triple Crown 20K		0 1984Dec31
20 km	PA	1966Sep19	Philadelphia	East River Drive 20K		0 1984Dec31
20 km	PA	1978Dec19	Reading	Pagoda Classic		0 1984Dec31
20 km	PA	1980Jul06	Wilkes-Barre	Wyoming Valley Striders	20K	0 1984Dec31
100 km	PA	1977Dec24	Harrisburg	Harrisburg RRC 100K		0 1984Dec31
100 km	PA	1976Feb12	Mechanicsburg	Mechanicsburg 100K		0 1984Dec31
5 mi	PA	1980Jan12	Collingdale	Collingdale 5mi		0 1984Dec31
5 mi	PA	1983Sep10	Easton	Pfizer Pfiver		0
5 mi	PA	1983Oct10	Mercer	Frostbite Five		0
5 mi	PA	1983Jun04	Philadelphia	West River Drive 5mi		0
5 mi	PA	1983Apr17	South Philadelphia	South Philly Five		0
10 mi	PA	1983Oct10	Chambersburg	Chambersburg 10mi		0
10 mi	PA	1980Jun22	Lakeside	Lakeside 10		0 1984Dec31
10 mi	PA	1982Nov19	Olney	IGA St Patty's 10mi		0 1984Dec31
10 mi	PA	1981May26	Philadelphia	Broad Street Run		2.5 p/p
10 mi	PA	1983Jul10	Philadelphia	Dannon 10mi		0
50 mi	PA	1978Dec18	Allentown	Lehigh Valley AA 50mi		0 1984Dec31
50 mi	PA	1979May19	Greensburg	Laurel 50mi		0 1984Dec31
50 mi	PA	1976Feb12	Mechanicsburg	Mechanicsburg 50mi		0 1984Dec31
21.1 km	PA	1981Jan26	Chambersburg	Chambersburg YMCA Half-M	arathon	0 1984Dec31
21.1 km	PA	1983Apr14	East Lancaster	Amish Country Half-Marat	hon	0
21.1 km	PA	1978Apr23	Philadelphia	YMCA/Enquirer Half-Marat	hon	0 1979Aug24
21.1 km	PA	1979Aug24	Philadelphia	Philadelphia Distance Ru	n	0 1980Jun22
21.1 km	PA	1980Jun22	Philadelphia	Philadelphia Distance Ru	n	0
21.1 km	PA	1982Mar28	Philadelphia	Philadelphia Distance Ru	n	0
21.1 km	PA	1983Jun19	Philadelphia	Philadelphia Distance Ru	n	0
21.1 km	PA	1980Jul19	Scranton	Greater Scranton Half-Ma	rathon	0 1984Dec31
42.2 km	PA	1978Jun11	Bethlehem	Prevention Marathon		0 1984Dec31
42.2 km	PA	1983Sep04	Carlisle	Jim Thorpe Marathon		0
42.2 km	PA	1977May21	Coudersport	God's Country Marathon		-2.9 p/p 1984Dec31
42.2 km	PA	1978Sep03	Erie	Presque Isle Marathon		0 1984Dec31
42.2 km	PA	1978Jul08	Gettysburg	Historic Gettysburg Mara	thon	0 1984Dec31
42.2 km	PA	1974Jun14	Harrisburg	Harrisburg National Mara	thon	p/p 1975Apr28
42.2 km	PA	1975Apr28	Harrisburg	Harrisburg National Mara	thon	p/p 1980Oct28
42.2 km	PA	1980Oct28	Harrisburg	Harrisburg National Mara	thon	0 1984Dec31
42.2 km	PA	1975Aug08	Johnstown	Johnstown Marathon		0
42.2 km	PA	1979May16	Kane	Kane Marathon		0 1984Dec31
42.2 km	PA	1980Sep06	Kutztown	Dolphin's Old Dutch Mara	thon	0 1984Dec31
42.2 km	PA	1976Feb12	Mechanicsburg	Boston Qualifier Maratho	n	0
42.2 km	PA	1983Jun19	Philadelphia	Middle Atlantic Marathon		0
42.2 km	PA	1966Jun23	Philadelphia	Penn Relays Marathon		0
42.2 km	PA	1976Sep20	Philadelphia	Super Sunday Marathon		0 1979Nov18
42.2 km	PA	1979Nov18	Philadelphia	Philadelphia Marathon		0 1984Dec31
42.2 km	PA	1981Oct11	Philadelphia	Greater Philadelphia Ind	ependence M	p/p
42.2 km	PA	1983Aug28	Philadelphia	Philadelphia Independenc	e Marathon	2.1 p/p
42.2 km	PA	1981Jan11	Pittsburgh	Spring Thaw Marathon		0 1984Dec31
42.2 km	PA	1979Dec17	Summit Station	Kripalu Marathon		0 1984Dec31
42.2 km	PA	1977Jan02	Trexlerstown	Prevention Marathon		0
42.2 km	PA	1981Mar22	Washington	Waynesburg to Washington		-0.8 p/p 1984Dec31
6.03 2mi	PA	1976Feb12	Mechanicsburg	Mechanicsburg 6.032mi cl	osed loop	0 1984Dec31
5 km	RI	1983May28	Warwick	Sri Chinmoy 5K		0
10 km	RI	1980Apr20	Harrisville	Northern Rhode Island 10	K	0 1984Dec31
10 km	RI	1983Nov05	Warwick	Sri Chinmoy 10K		0

10 km	RI	1981Apr12	Woonsocket	Woonsocket 10K		0	1984Dec31
42.2 km	RI	1976Aug14	Newport	Ocean State Marathon		0	
42.2 km	RI	1983Oct28	Newport	Ocean State Marathon		0	1984Dec31
10 km	SC	1980Jan13	Florence	Diet Pepsi 10K		0	1984Dec31
10 km	SC	1982Nov17	Isle of Palms	Zenith Computer Race		0	1984Dec31
10 mi	SC	1980Jan13	Aiken	Aiken Triple Crown 10mi		0	1984Dec31
42.2 km	SC	1980May04	Aiken	Palmetto State Marathon		0	1984Dec31
42.2 km	SC	1976Nov21	Columbia	Carolina Marathon		0	
42.2 km	SC	1983Oct15	Columbia	Carolina Marathon		0	1984Dec31
42.2 km	SC	1978Sep07	Isle of Palms	Island Marathon		0	
42.2 km	SC	1981Oct18	Isle of Palms	Island Marathon		0	1984Dec31
5 km	SD	1978Jul10	Brookings	Brookings 5K		p/p	1984Dec31
8 km	SD	1982Jul21	Brookings	Bobcat 8K		0	1984Dec31
10 km	SD	1979Apr22	Aberdeen	Diet Pepsi 10K		0	1984Dec31
10 km	SD	1978Jul10	Brookings	Brookings 10K		p/p	1984Dec31
10 km	SD	1983Dec30c	Brookings	Longest Day 10K		0	
15 km	SD	1978Jul10	Brookings	Brookings 15K		0	1984Dec31
20 km	SD	1973Jul	Brookings	South Dakota State Unive	rsity 20K	0	1978May16
20 km	SD	1978May16	Brookings	Brookings 20K		p/p	1984Dec31
25 km	SD	1978Jul10	Brookings	Brookings 25K		p/p	1984Dec31
30 km	SD	1978Jul10	Brookings	Brookings 30K		0	1984Dec31
50 km	SD	1978Jul10	Brookings	Brookings 50K		0	1984Dec31
100 km	SD	1978Jul10	Brookings	Brookings 100K		0	1984Dec31
42.2 km	SD	1971Jun07	Brookings	Longest Day Marathon			1980Jun08
42.2 km	SD	1980Jun08	Brookings	Longest Day Marathon		0	1984Dec31
42.2 km	SD	1979Sep30	Rapid City	Black Hills Marathon		10.1	p/p
42.2 km	SD	1983May24	Rapid City	Black Hills Marathon		14.7	p/p 1984Dec31
42.2 km	SD	1981Aug30	Sioux Falls	Sioux Falls Marathon		0	1984Dec31
15 mi	SD	1977Jun10	Brookings	Jackrabbit 15mi		p/p	1984Dec31
15.2 mi	SD	1971Jun07	Brookings	Jackrabbit 15 (15.2mi!)		p/p	1984Dec31
10 km	TN	1981Feb01	Chattanooga	Pepsi Challenge 10K		0	1984Dec31
10 km	TN	1978Sep13	Chattanooga	Run for Extra Life 10K		p/p	1984Dec31
10 km	TN	1982Feb28	Elizabethton	Elizabethton Civitan 10K		0	1984Dec31
10 km	TN	1980Aug19	Franklin	Run on the Harpeth Bank	10K	0	1984Dec31
10 km	TN	1982Oct21	Gatlinburg	Christmas Classic		0	
10 km	TN	1983Jan10	Gatlinburg	Christmas Classic		0	
10 km	TN	1981Jul12	Jasper	Fall Color Cruise 10K		p/p	1984Dec31
10 km	TN	1981Mar29	Johnson City	Spring Classic		0	1984Dec31
10 km	TN	1982Jun26	Jonesboro	Great Stagecoach Race		0	1984Dec31
10 km	TN	1982Apr25	Kingsport	Cancer Society Run		0	1984Dec31
10 km	TN	1981Aug30	Kingsport	Eastmen Road Race		0	1984Dec31
10 km	TN	1981Jun13	Kingsport	Jaycees July 4th 10K		0	1984Dec31
10 km	TN	1982Feb24	Knoxville	Avon International 10K		0	1984Dec31
10 km	TN	1978Dec18	Memphis	Liberty Bowl 10K		0	1984Dec31
10 km	TN	1979Mar25	Memphis	Memphis in May 10K		0	1984Dec31
10 km	TN	1981Aug23	Nashville	Bonne Bell 10K		0	1984Dec31
10 km	TN	1981Jul12	Nashville	The Great Race		0	1984Dec31
10 km	TN	1982Mar28	Smyrna	The Stones River Run		0	1984Dec31
10 km	TN	1982May16	Waverly	Pepsi Challenge 10K		0	1984Dec31
15 km	TN	1978Feb12	Chattanooga	Chickamauga Chase 15K		0	1979Jan31
15 km	TN	1979Jan31	Chattanooga	Chickamauga Chase 15K		0	1984Dec31
15 km	TN	1983Sep05	Memphis	Oktoberfest 15K		0	
15 km	TN	1980Aug31	Nashville	The Great Race		0	1984Dec31
5 mi	TN	1983Apr10	Elizabethton	Covered Bridge Days 5mi		0	
5 mi	TN	1982Jun14	Pigeon Forge	Midnight 5mi		0	1984Dec31
10 mi	TN	1977Nov12	Chattanooga	Chickamauga Chase 10mi		0	1984Dec31
10 mi	TN	1981Aug10	Kingsport	Arts&Crafts Festival 10m	i	0	1984Dec31

21.1 km	TN	1976Apr18	Chattanooga	Chattanooga Choo Choo Ha	lf-Marathon	0	1984Dec31
21.1 km	TN	1980Oct11	Kingsport	Phidippides Half-Maratho	n	0	1984Dec31
42.2 km	TN	1976Apr18	Chattanooga	Chattanooga Choo Choo Ma	rathon	0	1980Jun01
42.2 km	TN	1980Jun01	Chattanooga	Chickamauga Battlefield	Marathon	0	1981Jul11
42.2 km	TN	1972Jun17	Jackson	Andrew Jackson Marathon		0	1980Jun21
42.2 km	TN	1980Jun21	Jackson	Andrew Jackson Marathon		0	1984Dec31
42.2 km	TN	1981Jan14	Knoxville	Phidippides Marathon		0	1984Dec31
42.2 km	TN	1978Oct04	Memphis	Memphis Marathon		0	
42.2 km	TN	1983Sep25	Memphis	Memphis Express Marathon		0	
42.2 km	TN	1977Jan09	Oak Ridge	Smoky Mountain Marathon		0	1984Dec31
5 km	TX	1982May03	El Paso	Run Against Crime 5K		p/p	1984Dec31
5 km	TX	1981Feb14	Houston	Bear Creek Park 5K		0	1984Dec31
5 km	TX	1983Aug07	Houston	Midnight Summer Classic		0	1984Dec31
5 km	TX	1982Feb18	Houston	Young Lawyers Associatio	n 5K	0	1984Dec31
8 km	TX	1982Sep14	Houston	Whataburger Fun Run		0	1984Dec31
10 km	TX	1981Jun27	Austin	Diet Pepsi 10K (Pepsi Ch	allenge)	0	1984Dec31
10 km	TX	1981Oct19	Austin	Grand Prix Series (Austi	n RC Dev)	0	1984Dec31
10 km	TX	1982Mar17	Brenham	Blue Bell 10K		0	1984Dec31
10 km	TX	1982Oct31	Bryan	Miller Lite 10K		0	1984Dec31
10 km	TX	1982Dec12	College Station	Eagle Straight Shot 10K		2.1 p/p	1984Dec31
10 km	TX	1982Jan31	Dallas	Junior Symphony League 1	OK	0	1984Dec31
10 km	TX	1981Jul29	Dime Box	Dime Box Mini-marathon		0	1984Dec31
10 km	TX	1983Aug30	El Paso	Marwood Park 10K		0	
10 km	TX	1982May03	El Paso	Run Against Crime 10K sp	lit	p/p	1984Dec31
10 km	TX	1982May11	Ft Worth	Flat Foot Nature Run		0	1984Dec31
10 km	TX	1983Mar06	Houston	Bayou City Fun Run		0	1984Dec31
10 km	TX	1981Feb14	Houston	Bear Creek Park 10K		0	1984Dec31
10 km	TX	1980Apr12	Houston	Diet Pepsi 10K		0	1984Dec31
10 km	TX	1983Aug28	Houston	Fiestas Patrias Lite 10K		0 p/p	1984Dec31
10 km	TX	1983Jul04	Houston	Interfirst Symphony Run		0	
10 km	TX	1980Feb10	Houston	L'Eggs-YWCA 10K		0	1984Dec31
10 km	TX	1977Oct29	Houston	National AAU XC 10K		0	1984Dec31
10 km	TX	1983Sep17	Houston	Pro-Comfort 10K		0	1984Dec31
10 km	TX	1982Feb18	Houston	Young Lawyers Assn 10K (	Memorial Pk)	0	1984Dec31
10 km	TX	1983Jun20	San Antonio	City Championship 10K		0	
10 km	TX	1980Dec07	The Woodlands	Nike-Penn Mutual Masters	10K	0	1984Dec31
10 km	TX	1983Aug06	Victoria	Victoria 10K		0	
15 km	TX	1981Nov21	Austin	Grand Prix Series 15K		0	1984Dec31
15 km	TX	1978Mar12	Corsilana	Oil Town 15K		p/p	1984Dec31
15 km	TX	1979Sep16	Dallas	Autumn Equinox & Texin S	triders 15K	0	1984Dec31
15 km	TX	1982May03	El Paso	Run Against Crime 15K		0	
15 km	TX	1981Feb14	Houston	Bear Creek Park 15K		0	1984Dec31
15 km	TX	1975Aug30	Houston	Trailwood Village 15K		0	1984Dec31
15 km	TX	1979Oct31	Irving	Christmas Classic		0	1984Dec31
15 km	TX	1982Aug21	San Marcos	Country Road 15K		0	1984Dec31
20 km	TX	1980Aug17	Benbrook	Fall Classic		0	1984Dec31
20 km	TX	1980Dec13	Dallas	Arrowhead Mills 20K		p/p	1984Dec31
20 km	TX	1982May11	Ft Worth	Flat Foot Nature Run		0	1984Dec31
20 km	TX	1981Feb14	Houston	Bear Creek Park 20K		0	1984Dec31
20 km	TX	1975Aug30	Houston	Trailwood Village 20K		0	1984Dec31
20 km	TX	1979Sep02	The Woodlands	MCROA Natural 20K		0	1984Dec31
25 km	TX	1981Feb14	Houston	Bear Creek Park 25K		0	1984Dec31
30 km	TX	1982Dec16	Conroe	Phidippides Marathon Tun	e-up 30K	0	1984Dec31
30 km	TX	1981Feb14	Houston	Bear Creek Park 30K		0	1984Dec31
30 km	TX	1975Aug30	Houston	Trailwood Village 30K		0	1984Dec31
30 km	TX	1981Dec04	Kingwood	TAC Championship 30K		0	1984Dec31
50 km	TX	1981Feb14	Houston	Bear Creek Park 50K		0	1984Dec31
50 km	TX	1981Nov12	Kingwood	Gulf Association AC 50K		0	1984Dec31
100 km	TX	1982Dec15	Dallas	Forney 100K		0	

100 km	TX	1981Feb14	Houston	Bear Creek Park 100K		0	1984Dec31
100 km	TX	1981Nov12	Kingwood	Gulf Association AC 100K		0	1984Dec31
5 mi	TX	1981Aug16	Houston	Village 5 (Rotary)		0	1984Dec31
10 mi	TX	1983Jan29	The Woodlands	Ten for Texas		0	
50 mi	TX	1979Dec24	Dallas	Jackson Five-O		0	1984Dec31
50 mi	TX	1981Feb14	Houston	Bear Creek Park 50mi		0	1984Dec31
50 mi	TX	1981Nov12	Kingwood	Gulf Association AC 50mi		0	1984Dec31
100 mi	TX	1981Feb14	Houston	Bear Creek Park 100mi		0	1984Dec31
100 mi	TX	1981Nov12	Kingwood	Gulf Association AC 100m	i	0	1984Dec31
21.1 km	TX	1983Apr21	Amarillo	Funfest Half-Marathon		p/p	
21.1 km	TX	1979Jul11	Corpus Christi	Bayfest Half-Marathon		0	1984Dec31
21.1 km	TX	1979Sep30	Dallas	Texin Striders Half-Mara	thon	0	1984Dec31
21.1 km	TX	1979Jan27	Harvey	Brazos Valley Half-Marat	hon	0	1984Dec31
21.1 km	TX	1981Nov30	Houston	Combat Medic Memorial Ha	lf-Marathon	0	1984Dec31
21.1 km	TX	1980Oct05	Texarkana	Gold Star Classic		0	1984Dec31
21.1 km	TX	1981Dec29	The Woodlands	Avon Women's Half-Marath	on	0	1984Dec31
42.2 km	TX	1980Jan19	Abilene	Marathon of the Great So	uthwest	0	1984Dec31
42.2 km	TX	1978Apr22	Amarillo	Funfest Marathon		0	
42.2 km	TX	1983Apr23	Amarillo	Funfest Marathon		p/p	
42.2 km	TX	1979Jul11	Corpus Christi	Bayfest Marathon		0	1984Dec31
42.2 km	TX	1971Feb14	Dallas	White Rock Marathon		0	1973Dec29
42.2 km	TX	1973Dec29	Dallas	White Rock Marathon		0	1978Oct11
42.2 km	TX	1978Oct11	Dallas	White Rock Marathon		0	1979Sep30
42.2 km	TX	1979Sep30	Dallas	White Rock Marathon		0	
42.2 km	TX	1983Oct09	Dallas	White Rock Marathon		0	
42.2 km	TX	1974Aug28	El Paso	US-Mexico Marathon		p/p	
42.2 km	TX	1979Feb10	Ft Worth	Cowtown Marathon		0	1984Dec31
42.2 km	TX	1972Dec05	Galveston	American National Marath	on	0	1981Mar06
42.2 km	TX	1981Mar06	Galveston	Galveston Marathon		0	
42.2 km	TX	1982Jan17	Galveston	Galveston Marathon		0	1984Dec31
42.2 km	TX	1972Dec29	Houston	Houston Marathon		0	1976Oct23
42.2 km	TX	1976Oct23	Houston	Houston Marathon		0	1978Sep02
42.2 km	TX	1980Sep28	Houston	Houston-Tenneco Marathon		0	
42.2 km	TX	1981Dec13	Houston	Houston-Tenneco Marathon		0	1984Dec31
42.2 km	TX	1980Jul30	Killeen	Killeen Marathon		0	
42.2 km	TX	1983Sep03	Killeen	Killeen Marathon		0	1984Dec31
42.2 km	TX	1983May22	McAllen	International Springfest	Marathon	0	
42.2 km	TX	1974Jul26	Odessa	Odessa Marathon		0	
42.2 km	TX	1981Aug04	San Antonio	Las Colonias de la San A	ntonio M	0 p/p	1984Dec31
42.2 km	TX	1978Feb05	Texarkana	Gene Vann Marathon		0	1984Dec31
42.2 km	TX	1980Jan12	The Woodlands	Woodlands Marathon		0	1980Dec10
42.2 km	TX	1980Dec10	The Woodlands	Woodlands Marathon		0	
42.2 km	TX	1982Mar02	The Woodlands	Woodlands Marathon		0	1984Dec31
42.2 km	TX	1983Jun04	Van Horn	Big Country Marathon		0	
2 mi	TX	1982May03	El Paso	Run Against Crime 2mi		0	
35 km	TX	1981Feb14	Houston	Bear Creek Park 35K		0	1984Dec31
40 km	TX	1981Feb14	Houston	Bear Creek Park 40K		0	1984Dec31
6.55 mi	TX	1981Nov30	Houston	Combat Medic Memorial (6	.55mi)	0	1984Dec31
4 mi	TX	1980Oct05	Texarkana	Gold Star Classic (4mi)		0	1984Dec31
10 km	UT	1981Sep02	Salt Lake City	Fire Run		0	1984Dec31
10 km	UT	1980Apr27	Salt Lake City	Memorial Day Classic		p/p	1984Dec31
10 km	UT	1979May12	Salt Lake City	Salt Lake Classic		p/p	1984Dec31
42.2 km	UT	1976Apr29	Brigham City	Golden Spike Marathon		p/p	1984Dec31
42.2 km	UT	1982May16	Logan	American West Marathon		3.2 p/p	1984Dec31
42.2 km	UT	1981Mar28	Payson	Golden Onion Days Marath	on	11.6 p/p	1984Dec31
42.2 km	UT	1978Sep18	St George	Pioneer Marathon		21.3 p/p	
42.2 km	UT	1983Jun18	St George	Pioneer Marathon		21.3 p/p	1984Dec31
42.2 km	UT	1978Jul07	Salt Lake City	Deseret News Marathon		13 p/p	1979Jun16
42.2 km	UT	1979Jun16	Salt Lake City	Deseret News Marathon		13 p/p	1984Dec31



42.2 km	UT	1980Apr13	Stansbury Park	Great Salt Lake Marathon		0	1984Dec31
5 km	VA	1983Aug14	Bedford	Peaks of Otter Christmas	Classic	0	
5 km	VA	1982May09	Roanoke	Striders Turkey Trot 5K		0	1984Dec31
5 km	VA	1980Sep18	Roanoke	Toys for Tots 5K		0	1984Dec31
5 km	VA	1982Aug26	Salem	Salem 5K		0	1984Dec31
5 km	VA	1983Jan15	South Boston	Halifax Spring Tonic 5K		0	
5 km	VA	1979Mar07	Virginia Beach	Sprite Sprint 5K		0	1984Dec31
8 km	VA	1984Jan04	Norfolk	The Winter 8K		0	
10 km	VA	1979Aug31	Alexandria	Alexandria YMCA 10K		0	1984Dec31
10 km	VA	1979Oct26	Alexandria	Ft Hunt Park 10K		0	1984Dec31
10 km	VA	1983Jun02	Alexandria	Head Run Across & Founde	r's Day 10K	0	
10 km	VA	1983Jul17	Annandale	Annandale HS 10K		0	
10 km	VA	1980Aug27	Appomattox	Joe Sweeney Classic		0	1984Dec31
10 km	VA	1983Aug14	Bedford	Peaks of Otter Christmas	Classic	0	
10 km	VA	1982Mar13	Chesterfield Co	Stonehenge Fun Run		0	1984Dec31
10 km	VA	1981Nov15	Dale City	Enterprise School 10K		0	1984Dec31
10 km	VA	1983Feb20	Danville	Dan River Runs Deep 10K		0	
10 km	VA	1981Oct24	Dumfries	Montclair Lions 10K		0	1984Dec31
10 km	VA	1982Mar21	Dumfries	Possum Point 10K		0	1984Dec31
10 km	VA	1981Aug22	Hampton	Bay Days 10K		0	1984Dec31
10 km	VA	1983Sep04	Hampton	Coliseum Mall 10K		0	
10 km	VA	1979Aug06	Hampton	Phoebus Day Run on the F	ort 10K	0	1984Dec31
10 km	VA	1981Apr26	Norfolk	Elizabeth River Run		0.2 p/p	
10 km	VA	1981Aug15	Petersburg	Annual Nostalgiafest 10K		3.9 p/p	1984Dec31
10 km	VA	1982Feb20	Petersburg	Third Annual Roadrunner	10K	0	1984Dec31
10 km	VA	1981Oct31	Prince William Co	Cloverdale Park 10K		0	1984Dec31
10 km	VA	1980Sep18	Roanoke	Toys for Tots 10K		0	1984Dec31
10 km	VA	1982Aug26	Salem	Salem Run		0	1984Dec31
10 km	VA	1982Apr24	Vinton	Pepsi Challenge & Dogwoo	d Festival	0	1984Dec31
10 km	VA	1981Jan30	Virginia Beach	Athletic Attic 10K		0	1984Dec31
10 km	VA	1981Nov05	Winchester	Kiwanis Pancake Day 10K		0	1984Dec31
10 km	VA	1979Dec05	Yorktown	Semper Paratus 10K		0	1984Dec31
15 km	VA	1975Oct11	Alexandria	Alexandria 15K		0	1984Dec31
15 km	VA	1981Jul14	Chesapeake	Northwest River 15K		0	1984Dec31
15 km	VA	1980Feb24	Manassas	Run for Charity 15K		?	1984Dec31
20 km	VA	1981Dec10	Chesapeake	Northwest River 20K		0	1984Dec31
25 km	VA	1982Dec04	Chesapeake	Northwest River 25K		0	1984Dec31
30 km	VA	1971Dec07	Arlington	DC Junior AAU 30K		0	1984Dec31
30 km	VA	1981Jan31	Chesapeake	Northwest River 30K		0	1984Dec31
5 mi	VA	1983Jun05	Richmond	Richmond Newspapers 5mi		0	
5 mi	VA	1982Jun28	Salem	Lewis Gale Hospital 5mi		0	1984Dec31
5 mi	VA	1979Jan01	Virginia Beach	Shamrock 5mi		0	1984Dec31
10 mi	VA	1981Feb15	Hampton	Old Hampton 10mi		0	1984Dec31
10 mi	VA	1980Aug02	Lynchburg	Virginia 10		0	1984Dec31
10 mi	VA	1979Sep13	Springfield	MDA 10mi		0	1984Dec31
21.1 km	VA	1981Jan15	Ft Eustis	Mulberry Island Half-Mar	athon	0	1984Dec31
21.1 km	VA	1982Jun20	Prince William Co	Virginia Hotfoot Half-Ma	rathon	0	1984Dec31
21.1 km	VA	1983Jun05	Richmond	Richmond Newspapers Half	#NAME?	0	
21.1 km	VA	1980Jan31	Williamsburg	F/M Colonial Half-Marath	on	0	1984Dec31
42.2 km	VA	1978Aug19	Richmond	Richmond Newspapers Mara	thon	0	
42.2 km	VA	1983Jun05	Richmond	Richmond Newspapers Mara	thon	0	
42.2 km	VA	1973Mar10	Virginia Beach	Rotary Shamrock Marathon		0	1979Jan27
42.2 km	VA	1979Jan27	Virginia Beach	Shamrock Marathon		0	1984Dec31
36 mi	VA	1972Oct03	Alexandria	Two Bridges Race (36mi)		0	1973Sep29
36 mi	VA	1973Sep29	Alexandria	Two Bridges Race (36mi)		0	1974Sep22
36 mi	VA	1974Sep22	Alexandria	Two Bridges Race (36mi)		0	1979Sep27
8 mi	VA	1982Oct04	Dinwiddie	DC Open Invitational 8mi		0	1984Dec31
8 mi	VA	1982May02	Petersburg	Petersburg Battlefield 8	mi	0	1984Dec31
4 mi	VA	1982May25	Salem	Lewis Gale 4mi		0	1984Dec31

8 mi	VA	1983Jan15	South Boston	Halifax Spring Tonic 8mi		0
4 mi	VA	1983Oct13	Tyson's Corner	9 West/Hecht's 4mi		0
10 km	VT	1981May02	Montpelier	The Howard Bank 10K		0
10 km	VT	1981Sep02	Montpelier	The Howard Bank 10K		0 1984Dec31
20 km	VT	1981Sep01	Manchester Center	Maple Leaf Half-Marathon	20K split	0 1984Dec31
50 km	VT	1978Jul06	Brattleboro	Falling Leaves 50K		0 1984Dec31
5 mi	VT	1980Sep16	Essex Center	National Life 5mi		0 1984Dec31
10 mi	VT	1980Oct31	Essex Center	National Life 10mi		0 1984Dec31
10 mi	VT	1982May31	Montpelier	New England RRC 10mi		0 1984Dec31
50 mi	VT	1980Oct31	Essex Center	National Life 50mi		0 1984Dec31
21.1 km	VT	1978Jul08	Manchester Center	Maple Leaf Half-Marathon		0 1981Sep01
21.1 km	VT	1981Sep01	Manchester Center	Maple Leaf Half-Marathon		0 1984Dec31
42.2 km	VT	1975Oct08	Colchester	Green Mountain Marathon		0 1979Dec31
42.2 km	VT	1980May26	South Hero	Green Mountain Island Ma	rathon	0 1984Dec31
10 km	WA	1983Jun30	Bellevue	Peter Puget Festival 10K		0
10 km	WA	1983Aug24	Bellingham	Athlete's Foot 10K		0
10 km	WA	1983Apr09	Bothell	Run of the Mill 10K		0
10 km	WA	1982Nov15	Duvall	Prisoner Run		0 1984Dec31
10 km	WA	1983Sep18	Issaquah	Salmon Days 10K		0
10 km	WA	1980Jan27	Issaquah	Sammamish Valley 10K		0 1984Dec31
10 km	WA	1981Sep19	Kent	Russell Road 10K		0 1984Dec31
10 km	WA	1983Jul31	Monroe	Monroe Fair Days 10K		0
10 km	WA	1982Mar18	Pullman	Gold Bar Run		-0.5 p/p 1984Dec31
10 km	WA	1983Aug20	Redmond	Liquid Sun Run		0
10 km	WA	1983Jun06	Seattle	Lake City Salmon Run		0
10 km	WA	1979Aug09	Seattle	Police Community 10K		0 1980Sep15
10 km	WA	1980Sep15	Seattle	Police Community 10K		0 1984Dec31
10 km	WA	1983Sep22	Seattle	Run for the Hills 10K		0
10 km	WA	1983Apr19	Seattle	Seafair/Pepsi Challenge	10K	0
10 km	WA	1980Aug08	Seattle	Sportswest Women's Run		0 1984Dec31
10 km	WA	1980May13	Seattle	The Bigfoot Race		0 1984Dec31
10 km	WA	1981Jun10	Spokane	Bar-S 10K		0 1984Dec31
10 km	WA	1980Jun21	Spokane	Diet Pepsi 10K		0 1984Dec31
10 km	WA	1982Apr18	Tacoma	Heart Run		0 1984Dec31
10 km	WA	1983Oct14	Woodinville	Country Slough 10K		0
10 km	WA	1980Jun15	Woodinville	Moving Comfort Women's 1	0K	0 1984Dec31
15 km	WA	1967	Bangor	Bangor 15K		? 1984Dec31
15 km	WA	1980Mar20	Seattle	Seward Park 15K (masters	)	0 1984Dec31
15 km	WA	1980May06	Seattle	Spring Chinook 15K		0
15 km	WA	1983Jan29	Seattle	Spring Chinook 15K		0 1984Dec31
20 km	WA	1980Jun07	Aberdeen	Harborun 20K		0 1984Dec31
20 km	WA	1980Jun17	Cheney	Cheney 20K		0 1984Dec31
30 km	WA	1981Apr12	Yakima	Yakima Ultramarathons 30	K	0 1984Dec31
50 km	WA	1974Jun23	Kent	Green River 50K		0 1984Dec31
50 km	WA	1983Oct16	Seattle	A Winter Run		0
50 km	WA	1981Apr12	Yakima	Yakima Ultramarathons 50	K	0 1984Dec31
100 km	WA	1981Apr12	Yakima	Yakima Ultramarathons 10	OK	0 1984Dec31
10 mi	WA	1983Dec10	Bellingham	Shuksan 10mi		0
10 mi	WA	1982Feb03	Redmond	Sri Chinmoy 10mi		0 1984Dec31
50 mi	WA	1975Dec13	Seattle	Seattle 50mi		0 1984Dec31
50 mi	WA	1981Apr12	Yakima	Yakima Ultramarathons 50	mi	0 1984Dec31
100 mi	WA	1982Jan22	Yakima	Meads Phase 2 100mi		0 1984Dec31
21.1 km	WA	1983Aug06	Redmond	Red Brick Road Half-Mara	thon	0
21.1 km	WA	1980Aug28	Seattle	Sri Chinmoy Half-Maratho	n	0
21.1 km	WA	1983Aug11	Seattle	Sri Chinmoy Half-Maratho	n	0
21.1 km	WA	1980Apr23	Tacoma	Tacoma & Lakewood Supers	ummer Half	0 1984Dec31
42.2 km	WA	1972Feb04	Blaine	Birch Bay Marathon		0 1984Dec31
42.2 km	WA	1980Sep21	Burlington	Skagit Flats Marathon		0 1984Dec31

42.2 km	WA	1973Aug17	Cheney	Cheney Marathon		?	1984Dec31
42.2 km	WA	1978Jun11	Issaquah	Lake Sammamish Marathon		?	1984Dec31
42.2 km	WA	1982Mar07	Olympia	Capitol City Marathon		0	
42.2 km	WA	1983Apr17	Olympia	Capitol City Marathon		0	
42.2 km	WA	1981Sep19	Richland	Three Rivers Marathon		0	1984Dec31
42.2 km	WA	1983Dec03c	Seattle	Another Winter Run Marat	hon	0	
42.2 km	WA	1983Mar07	Seattle	Emerald City Marathon		0	1984Dec31
42.2 km	WA	1980Jan18	Seattle	Schlitz Light Summer Mar	athon	0 p/p	1984Dec31
42.2 km	WA	1979Nov16	Seattle	Seattle Marathon		0	1980Sep15
42.2 km	WA	1980Sep15	Seattle	Seattle Marathon		0	
42.2 km	WA	1983Oct29	Seattle	Seattle Marathon		0	
42.2 km	WA	1979Sep09	Seattle	Seattle Police Marathon		0	1984Dec31
42.2 km	WA	1982Apr18	Snoqualmie	Mt Si Marathon		0	
42.2 km	WA	1983Apr21	Snoqualmie	Mt Si Marathon		0	1984Dec31
42.2 km	WA	1972Aug12	Spokane	Spokane Marathon		0	1981Aug16
42.2 km	WA	1981Aug16	Spokane	Spokane Marathon		0	1984Dec31
42.2 km	WA	1980Jul22	Tacoma	Tacoma Marathon		0	1981Sep06
42.2 km	WA	1981Sep06	Tacoma	Tacoma Marathon		0	1984Dec31
42.2 km	WA	1979Aug26	Yakima	Yakima Valley Marathon		0	1984Dec31
7 mi	WA	1982Feb07	Kennewick	St Patty's Natural Light	7mi	0	1984Dec31
2.5 km	WA	1983Dec07	Seattle	PNAC December Racewalk (	2.5K)	0	
8 km	WI	1983May29	Milwaukee	Gimbels Great Race		0.2 p/p	
8 km	WI	1983Jul03	Whitefish Bay	St Monica 8K		0	
10 km	WI	1978Mar16	Green Bay	Bellin 10K		0	1984Dec31
10 km	WI	1981Jun24	Green Bay	Fox Valley TC 10K		0	1984Dec31
10 km	WI	1981Aug01	Kenosha	Natural 10K		0	1984Dec31
10 km	WI	1983Aug10	Madison	Avon Women's 10K		1.2 p/p	
10 km	WI	1983May18	Madison	Vets House Memorial Day	10K	0	
10 km	WI	1980Jun08	Madison	Warner Park July 4th 10K		0	1984Dec31
10 km	WI	1981Mar22	Milwaukee	Bonne Bell 10K		0	1984Dec31
10 km	WI	1980Jul29	Wausau	Diet Pepsi 10K		0	1984Dec31
10 km	WI	1980Jul20	Whitefish Bay	Pabst Extra Light Bay Ra	ce	0	1984Dec31
15 km	WI	1981Jun13	Ashland	Bay Days 15K		0	1984Dec31
15 km	WI	1969Aug08	Estallis	Estallis 15K		?	1984Dec31
20 km	WI	1978May10	Madison	Monona 20K		0	
20 km	WI	1983May06	Madison	Monona 20K (Vilas Lake)		0	
50 km	WI	1983Nov25	Madison	Vilas [Lake] 50K		0	
10 mi	WI	1979Jun19	Cudahy	Badgerland Classic		0	1980Jul12
10 mi	WI	1980Jul12	Cudahy	Badgerland Classic		0	1984Dec31
20 mi	WI	1974Mar16	Madison	Syttende Mai 20mi		p/p	1984Dec31
21.1 km	WI	1981Jul22	Altoona	Indian Head Half-Maratho	n	0	1984Dec31
21.1 km	WI	1978Apr02	Green Bay	Barefoot Half-Marathon		0	1984Dec31
21.1 km	WI	1981Apr04	Kenosha	Natural Light Half-Marat	hon	0	1984Dec31
21.1 km	WI	1979Jul20	La Crosse	Oktoberfest Half-Maratho	n	p/p	1980Aug27
21.1 km	WI	1983Nov26	Madison	Vilas [Lake] Half-Marath	on	0	
21.1 km	WI	1980Aug27	West Salem	Oktoberfest-Maple Leaf H	alf-Marathon	0	
21.1 km	WI	1980Feb24	Whitewater	Whitewater Half-Marathon		0	1984Dec31
42.2 km	WI	1979Jul28	Athens	American Odyssey Maratho	n	p/p	1980Jul12
42.2 km	WI	1980Jul12	Athens	American Odyssey Maratho	n	p/p	
42.2 km	WI	1982Jul25	Athens	American Odyssey Maratho	n	p/p	1984Dec31
42.2 km	WI	1980Sep14	Eagle River	Chain of Lakes Marathon		0	1984Dec31
42.2 km	WI	1978Apr04	Green Bay	Barefoot Marathon		0	
42.2 km	WI	1981Dec07	Green Bay	Barefoot Marathon		0	1984Dec31
42.2 km	WI	1973Jun21	Hurley	Paavo Nurmi Marathon		p/p	1974Jul20
42.2 km	WI	1974Jul20	Hurley	Paavo Nurmi Marathon		p/p	1984Dec31
42.2 km	WI	1976Jun05	La Crosse	Oktoberfest Marathon		p/p	1976Sep05
42.2 km	WI	1976Sep05	La Crosse	Oktoberfest Marathon		p/p	1977Oct29
42.2 km	WI	1977Oct29	La Crosse	Oktoberfest Marathon		p/p	1980Jul27
42.2 km	WI	1980Mar19	La Pointe	Madeline Island Marathon		0	1984Dec31

42.2 km	WI	1975Apr13	Madison	Madison Marathon		0	1979Apr15
42.2 km	WI	1979Apr15	Madison	Madison Marathon		0	1979Nov25
42.2 km	WI	1979Nov25	Madison	Madison Marathon		0	1984Dec31
42.2 km	WI	1981Jul19	Milwaukee	Milwaukee Lakefront Marath	thon	1.4 p/p	1984Dec31
42.2 km	WI	1979Sep23	Milwaukee	Wisconsin Mayfair Marath	on	0	1980May18
42.2 km	WI	1980May18	Milwaukee	Wisconsin Mayfair Marath	on	0	1984Dec31
42.2 km	WI	1976Jun05	New Glarus	Sugar River Trail Marath	on	p/p	1979Dec31
42.2 km	WI	1980Aug15	New Glarus	New Glarus Marathon		0	1984Dec31
42.2 km	WI	1980Jul27	West Salem	Oktoberfest-Maple Leaf M	arathon	0	1984Dec31
42.2 km	WI	1968Jun10	Whitewater	Whitewater Marathon		?	
6 mi	WI	1980Jul27	Chetek	Chetek 6mi		0	1984Dec31
5 km	WV	1983May14	Charleston	Kanawha Valley RR 5K		0	
10 km	WV	1980May18	Beckley	West Virginia Championsh	ips 10K	0	1984Dec31
10 km	WV	1983May14	Charleston	Kanawha Valley RR 10K		0	
10 km	WV	1981Jun15	Elkins	Mountain State Forest Fe	stival 10K	0	1984Dec31
10 km	WV	1980Jul26	St Albans	Diet Pepsi 10K		0	1984Dec31
10 km	WV	1983May30	Triadelphia	Triadelphia 10K		0	
10 km	WV	1983May14	Wheeling	Easter Seal 10K		0	
10 km	WV	1983Jun12	Wheeling	Freedom Run		0	
5 mi	WV	1983May14	Charleston	Kanawha Valley RR 5mi		0	
10 mi	WV	1983Apr16	Weirton	Weirton Classic		0	
42.2 km	WV	1979Jul01	Charleston	Almost Heaven Marathon		0	
42.2 km	WV	1982Nov27	Charleston	Almost Heaven Marathon		0	
42.2 km	WV	1983Oct31	Charleston	Almost Heaven Marathon		0	
15 mi	WV	1981Apr27	Charleston	Charleston Distance Run	(15mi)	p/p	1984Dec31
50 mi	WY	1982Apr25	Cheyenne	Rocky Mountain 50		4.2 p/p	1984Dec31
42.2 km	WY	1977Jul09	Cheyenne	Frontier Days Marathon		0	1984Dec31
21.1 km	BAH	1981Oct19	Nassau Bahamas	Bahamas Blue Water Half-	Marathon	0	1984Dec31
10 km	BER	1983Jan08	Devonshire Ber	Bermuda 10K		0	1984Dec31
42.2 km	BER	1983Jan09	Bermuda	Bermuda Marathon		0	
5 km	CAN	1982Dec31	London Ontario	Springbank 5K		0	
10 km	CAN	1979May26	Point Elgin Ont	Sand'n Sun Run		0	
50 km	CAN	1981May20	St Louis PQ	Marcel Jobin Walking 50K		0	1984Dec31
42.2 km	CAN	1974Aug19	Waterloo Ontario	Kitchener-Waterloo Marat	hon	0	
42.2 km	CAN	1983Jan19	Montreal	Montreal International M	arathon	0	
42.2 km	ESP	1980Mar22	Rota Spain	Rota Marathon		0	1984Dec31
42.2 km	GUM	1972Jan25	Tumon Guam	Guam Marathon		p/p	1984Dec31
10 km	MEX	1980Oct27	Tijuana Mexico	Revolucion 10K		p/p	
10.48 km	MEX	1980Oct19	Tijuana Mexico	Revolucion (10.48K)		p/p	1984Dec31
42.2 km	PAN	1980Jan26	Galeta Is Panama	Marathon of the Americas		0	1984Dec31
42.2 km	PAN	1981Sep30	Galeta Is Panama	Panama Marathon		0.9 p/p	1984Dec31
42.2 km	PUR	1980Oct13	San Juan PR	Sri Chinmoy Marathon		0	1984Dec31