

**Race to the Rock 5K**  
**Course Records**  
**Years on Current Course: 2011-2021 (2018 excluded)**

<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>	<u>Rank</u>	<u>Time</u>	<u>Pace</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
<b>Overall Male</b>						<b>Overall Female</b>					
1	0:18:05	5:49	Anthony Famiglietti	38	2017	1	0:22:18	7:11	Jennifer Fisher	34	2015
2	0:18:25	5:56	Anthony Famiglietti	36	2015	2	0:22:47	7:20	Jennifer Fisher	35	2016
3	18:33.2	5:58	Anthony Famiglietti	40	2019	3	0:23:19	7:30	Jennifer Fisher	33	2014
<b>0-9 Male</b>						<b>0-9 Female</b>					
1	29:54	9:38	Gunner Hogston	9	2011	1	0:47:55	15:25	Kennedy Parsell	9	2012
2						2					
3						3					
<b>10-14 Male</b>						<b>10-14 Female</b>					
1	0:21:10	6:49	Ethien Arboleda	14	2012	1	0:25:15	8:08	Addison Smith	12	2013
2	0:23:07	7:26	Aj Oleary	14	2012	2	25:39.3	8:15	J. Mall	11	2019
3	23:55.1	7:42	Carson Schuler	13	2019	3	28:47.4	9:16	Camlin Reazin	13	2019
<b>15-19 Male</b>						<b>15-19 Female</b>					
1	21:47.6	7:01	Zachary Willer	15	2019	1	0:25:56	8:21	Tasha Regan	17	2016
2	21:47.6	7:01	Nicholas Willer	15	2019	2	0:27:54	8:59	Angela Gross	17	2012
3	0:21:51	7:02	Timothy McClure	15	2015	3	0:28:00	9:01	Hannah Owen	18	2012
<b>20-24 Male</b>						<b>20-24 Female</b>					
1	0:21:47	7:01	Lance Morsell	20	2017	1	25:59.5	8:22	Abby Verchick	22	2019
2	0:23:44	7:38	Cameron Cook	23	2013	2	27:29.6	8:51	Robin Blazing	24	2019
3	0:24:07	7:46	Wesley Minchew	20	2017	3	0:28:09	9:04	Sarah Gottschalk	20	2014
<b>25-29 Male</b>						<b>25-29 Female</b>					
1	0:20:58	6:45	Matt Popowski	29	2014	1	0:28:12	9:05	Melissa Martin	27	2015
2	0:21:10	6:49	Charles Kacsur	28	2014	2	0:28:30	9:10	Sarah Day	25	2012
3	0:22:28	7:14	Ryan Cook	26	2014	3	28:36	9:13	Paige Witherington	29	2011

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<b>30-34 Male</b>						<b>30-34 Female</b>					
1	0:21:07	6:48	Luis Rojas	33	2016	1	0:22:18	7:11	Jennifer Fisher	34	2015
2	0:21:41	6:59	Curtis Rowe	33	2014	2	0:23:19	7:30	Jennifer Fisher	33	2014
3	0:22:52	7:22	Curtis Rowe	32	2013	3	0:24:04	7:45	Jennifer Fisher	32	2013
<b>35-39 Male</b>						<b>35-39 Female</b>					
1	0:18:05	5:49	Anthony Famiglietti	38	2017	1	0:22:47	7:20	Jennifer Fisher	35	2016
2	0:18:25	5:56	Anthony Famigieti	36	2015	2	0:23:32	7:34	Daniella Draughon	36	2014
3	0:23:05	7:26	Brian Miller	35	2013	3	0:23:39	7:37	Jennifer Fisher	36	2017
<b>40-44 Male</b>						<b>40-44 Female</b>					
1	18:33.2	5:58	Anthony Famiglietti	40	2019	1	0:26:23	8:30	Mandy Huffman	43	2012
2	0:22:03	7:06	Georg Vanberg	40	2012	2	27:03	8:43	Mandy Huffman	42	2011
3	0:22:50	7:21	Jerad Crave	40	2015	3	0:27:35	8:53	Lisa Hecker	42	2017
<b>45-49 Male</b>						<b>45-49 Female</b>					
1	0:23:15	7:29	Joe Watson	49	2015	1	28:32.9	9:11	Melanie Butler	46	2019
2	0:24:00	7:43	Brian Clyburn	45	2017	2	0:28:39	9:13	Anne MacDonald	45	2016
3	0:24:40	7:56	Joseph Watson	48	2014	3	28:55.0	9:18	Melanie Butler	48	2021
<b>50-54 Male</b>						<b>50-54 Female</b>					
1	0:23:17	7:30	Joe Watson	50	2016	1	0:30:03	9:40	Patti Sappenfield	52	2013
2	24:16.2	7:49	Richard Reid	50	2019	2	0:31:13	10:03	Susan Hollifield	50	2013
3	0:24:48	7:59	Mitchell Rippy	52	2015	3	0:31:40	10:12	Catherine O'Donnell	51	2015
<b>55-59 Male</b>						<b>55-59 Female</b>					
1	27:56	9:00	Stephan Bagwell	57	2011	1	0:32:21	10:25	Valerie Quant	55	2013
2	29:24.1	9:28	James Morrow	55	2019	2	33:13.8	10:42	Birgitt Zirden-Heulmanns	55	2019

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3	0:30:10	9:43	Michael Jank	56	2012	3	0:33:58	10:56	Julie Sutton	57	2016
<b>60-64 Male</b>						<b>60-64 Female</b>					
1	0:27:04	8:43	Doug Miller	62	2013	1	39:43.4	12:47	Monica Stancato	63	2019
2	0:28:50	9:17	Doug Miller	64	2015	2	0:39:45	12:48	Sandy Austin	61	2016
3	0:29:46	9:35	Doug Miller	61	2012	3	39:57.7	12:52	Sylvia Gonzalez	60	2019
<b>65-69 Male</b>						<b>65-69 Female</b>					
1	0:34:20	11:03	Garry Sherman	67	2017	1	42:31.3	13:41	Monica Stancato	65	2021
2	0:37:01	11:55	Bruce Rome	65	2017	2	46:59.5	15:07	Rosemary Eckert	69	2021
3	0:38:03	12:15	Bruce Button	66	2012	3	0:53:26	17:12	Beverly Gonzalez	69	2017
<b>70-74 Male</b>						<b>70-74 Female</b>					
1	0:38:31	12:24	Laurence Penrose	73	2015	1					
2	0:40:49	13:08	Laurence Penrose	74	2016	2					
3	43:13.5	13:55	Homero Gonzalez	71	2019	3					
<b>75-79 Male</b>						<b>75-79 Female</b>					
1	0:35:54	11:33	Laurence Penrose	75	2017	1					
2	39:04.5	12:34	Laurence Penrose	77	2019	2					
3						3					