

Name	Years Competed	Personal Record 5k
Angela Fisher	2005, 2004, 2003, 2002	17:41
Megan Foste	2007, 2006, 2005, 2004	17:58
Christy Nielsen	1997	18:03
Megan Foste	2007, 2006, 2005, 2004	18:03
Laura Ferguson	2004, 2003	18:13
Jessica Donner	2002, 2001, 2000, 1999	18:18
Jackie Daneff	2000, 1999, 1998, 1997, 1996	18:32
Anne Staeheli	2006	18:33
Molly Jergenson	2008, 2007, 2006	18:39
Katherine Dodd	2004, 2003, 2002	18:41
Tammy Jordison	2001, 2000, 1999, 1998	18:46
Sara Fonda	2001, 2000	18:53
Melissa Greig	2008, 2007, 2006	18:56
Nikki Novotney	1994, 1993	18:56
Julia Meimann	2000, 1999, 1998, 1997	19:02
Amy Sheil	1995, 1994, 1993	19:02
Mary Foley	2008, 2007, 2006, 2005	19:05
Ann Metzner	1996	19:08
Kari Tanimoto	2007, 2006, 2005, 2004	19:13
Sheila Webb	1997, 1996, 1995, 1994	19:17
Laura Spanheimer	2005	19:18
Celeste Lorenzo	2007, 2006	19:19
Liz Murray	2007, 2006, 2005, 2004	19:27
Keely O'Connell	2005, 2004, 2003	19:28
Aubrey Inman	2008, 2007	19:28
Stephanie Righeimer	2007, 2006, 2005, 2004	19:31
Rebecca Cole	2004, 2003, 2002	19:33
Theresa McCabe	1994, 1993	19:36
Mary Timmerman	2003, 2002, 2001	19:42
Julie Ingwerson	2003, 2001, 2000	19:45
Jessie Chrusciel	1999, 1998	19:47
Diana Jantsch	2007, 2006, 2005, 2004	20:01
Carrie Wbber	1994	20:03
Katie Wisniew	1998, 1997, 1996	20:03
Carleen O'Brien	2008, 2007	20:04
Shelby Jones	1999	20:07
Krista Hannon	2007, 2006, 2005, 2004	20:09
Emily Bengford	2003, 2002, 2001	20:11
Katy Coulson	1996, 1995, 1994, 1993	20:11
Tracy Foral	1996, 1995, 1994	20:12
Stephanie Gilbert	2001, 2002, 1999	20:15
Megan McGrath	2005, 2004	20:15
Ashley Altrichter	2008, 2007	20:16
Jenny Matthews	1995, 1994	20:21
Ashley Kamm	2006	20:21
Susan Rupert	1993	20:27
Aira Hazel	1994, 1993	20:36
Debbie Speer	1997	20:42
Lindsay Wettergren	2006	20:48
Veronica Garza	2005, 2004	20:49
Allison Cheetsos	1997	20:49
Liz Meyers	2003, 2002	20:49

Ally Lynn	2008	20:57
Lora Hill	1998	21:01
Lily Kaftan	2008, 2007	21:03
Eileen Ennis	1997, 1996	21:09
Carly Heupel	1997	21:10
Laurie Allen	1997, 1996, 1995	21:12
Colleen Canney	1996	21:21
Jill Vauthrin	1996, 1995	21:24
Molly Miller	2008	21:25
Fran Johnson	1995, 1994, 1993	21:32
Emily Smith	1999	21:40
Tara Novotney	1994, 1993	21:41
Clare Cole	1998	21:42
Mary Kruemple	1999	21:43
Elizabeth Timberlake	2008	21:45
Anne Pick	2005	21:57
Sara Menke	1996	21:57
Katrina Lueras	2001	22:05
Sharon Horn	1994, 1993	22:23
Nicole Fincham	1999	22:31
Wendy Larson	2003, 2002	22:32
Lisa Becker	1993	22:57
Kristin Furfari	1998, 1997	23:09
Genna Alander	2008	23:13
Tracie Tanakaya	1995	23:39
Hillary Mann	1994	23:41
Suzanne Whitt	1999	23:58
Nicole Finnen	1997	24:02
Ellen Fisher	2008	24:54
Norma Calzada	2006	25:10
Lora Harroff	2005	25:31

Name	Years Competed	Personal Record 6k
Jessica Donner	2002, 2001, 2000, 1999	21:59
Angela Fisher	2005, 2004, 2003, 2002	22:03
Megan Foste	2007, 2006, 2005, 2004	22:07
Sara Fonda	2001, 2000	22:43
Laura Ferguson	2004, 2003	22:48
Tammy Jordison	2001, 2000, 1999, 1998	22:50
Katherine Dodd	2004, 2003, 2002	22:51
Jackie Daneff	2000, 1999, 1998, 1997, 1996	22:59
Molly Jergenson	2008, 2007, 2006	23:05
Julia Meimann	2000, 1999, 1998, 1997	23:17
Anne Staeheli	2006	23:30
Mary Timmerman	2003, 2002, 2001	23:32
Celeste Lorenzo	2007, 2006	23:38
Kari Tanimoto	2007, 2006, 2005, 2004	23:44
Rebecca Cole	2004, 2003, 2002	23:46
Keely O'Connell	2005, 2004, 2003	23:50
Emily Bengford	2003, 2002, 2001	23:53
Laura Spanheimer	2005	24:08
Mary Foley	2008, 2007, 2006, 2005	24:08

Liz Murray	2007, 2006, 2005, 2004	24:26
Aubrey Inman	2008, 2007	24:26
Melissa Greig	2008, 2007, 2006	24:28
Carleen O'Brien	2008, 2007	24:47
Stephanie Righeimer	2007, 2006, 2005, 2004	24:49
Julie Ingwerson	2003, 2001, 2000	24:54
Megan McGrath	2005, 2004	25:03
Stephanie Gilbert	2001, 2002, 1999	25:11
Krista Hannon	2007, 2006, 2005, 2004	25:19
Ashley Altrichter	2008, 2007	25:29
Liz Meyers	2003, 2002	25:31
Ally Lynn	2008	25:34
Diana Jantsch	2007, 2006, 2005, 2004	25:37
Lily Kaftan	2008, 2007	25:38
Veronica Garza	2005, 2004	25:57
Anne Pick	2005	26:33
Ashley Kamm	2006	26:50
Elizabeth Timberlake	2008	26:50
Mei Li Wong	2002	27:13
Tess Hottenroth	2002	27:13
Lindsay Wettergren	2006	27:23
Molly Miller	2008	27:29
Wendy Larson	2003, 2002	29:24