

Silver Falls Races – Age Group Course Records

Silver Falls 5K

Name	Div	Time	Pace	Year
Raegan Barros	F109	1:01:08	19:41	2019
*Ella Rosling	F1014	24:57	8:02	2021
Elizabeth Johnson	F1519	48:58	15:46	2021
	F2024			
Samantha Massie	F2529	30:57	9:58	2021
Natalia Urriaga	F3034	29:09	9:24	2019
Staci Larson	F3539	33:34	10:49	2021
Emily Harrington	F4044	30:32	9:50	2021
Sharon Tsai	F4549	32:08	10:21	2021
Andrea Odonnell	F5054	37:58	12:14	2021
Robin Walters	F5559	34:32	11:08	2019
Mary Jane	F6064	44:36	14:22	2019
Maria Czop	F6569	40:30	13:03	2019
Bev Klason	F7074	37:08	11:58	2019

Name	Div	Time	Pace	Year
Elliott Conroy	M0109	31:46	10:14	2021
Gavin Pedro	M1014	28:03	9:02	2021
Kane Nixon	M1519	25:17	8:09	2019
*Mike Allen	M2024	22:13	7:10	2021
Kyle McDonald	M2529	23:42	7:38	2019
Ramon Martinez	M3034	23:08	7:27	2019
Chris Clancy	M3539	25:12	8:07	2021
Mike Rosling	M4044	24:56	8:02	2021
Jason Townsend	M4549	25:21	8:10	2021
Don Gallogly	M5054	23:26	7:33	2019
Dan Rideout	M5559	28:53	9:18	2019
Steve Taylor	M6064	29:11	9:24	2021
John Cowan	M6569	29:22	9:28	2019
Steven Rapf	M7099	39:43	12:48	2019

*Overall Course Record

Silver Falls 7 Miler

Name	Div	Time	Pace	Year
Ella Rosling	F1014	1:05:04	9:18	2018
Katy Mottern	F1519	1:17:20	11:00	2018
Jaclyn Rushing	F2024	1:05:20	9:20	2016
*Chantalle Schultz-Rathbun	F2529	52:34.6	7:31	2019
Holly Vanhalle	F3034	1:02:27	8:56	2016
Tonya Lutz	F3539	59:59	8:35	2016
Tonya Lutz	F4044	56:15	8:03	2017
Stephanie Ficek	F4549	1:02:37	8:57	2017
Karisa Thede	F5054	1:04:55	9:16	2014
Charlie Fox	F5559	1:07:00	9:35	2019
Ginger Thramer	F6064	1:22:42	11:46	2021
Sandi Whittle	F6569	1:19:38	11:23	2015
Lynn Robbin	F7074	2:11:31	18:48	2021
Anna Engelmann	F7579	2:08:05	18:18	2019
Cormac Ruiz	M0109	1:41:53	14:34	2019
Will Rosling	M1014	1:02:24	8:55	2017
Kane Nixon	M1519	1:03:31	9:05	2019
Lucas Lin	M2024	58:35	8:23	2015
Chris Wright	M2529	53:53	7:42	2017
*Devin Vanscoy	M3034	48:04	6:53	2018
Devin Vanscoy	M3539	49:49.2	7:08	2019
Dean Anderson	M4044	50:57	7:17	2016
Jerry Mullins	M4549	59:16	8:28	2015
Don Gallogly	M5054	54:51	7:51	2019
Joe Griffin	M5559	57:38	8:14	2017
Dan Meireis	M6064	57:16	8:11	2017
Dick Sawaya	M6569	1:13:28	10:30	2016
Lans Stout	M7099	1:21:47	11:41	2017

*Overall Course Record

Silver Falls Half Marathon

Name	Div	Time	Pace	Year
Anika Jenson	F1014	1:57:21	8:58	2021
Sophie Johnson	F1519	1:44:22	7:58	2017
Carolyn Gilchriese	F2024	1:36:49	7:24	2017
Susie Scott	F2529	1:30:09	6:53	2014
*Renee Gordon	F3034	1:25:19	6:31	2014
Tricia Dickson	F3539	1:30:58	6:57	2014
Casey Hire	F4044	1:28:21	6:45	2019
Chris Kimbrough	F4549	1:28:07	6:44	2016
Teri Sheasby	F5054	1:34:12	07:11	2011
Elizabeth Grubb	F5559	1:41:57	7:47	2015
Pattie Post	F6064	1:59:43	9:09	2015
Shirley Kaiser	F6569	2:09:37	9:54	2017
Pat Martin	F7099	3:16:39	15:01	2017
Garrett Mackey	M1014	1:54:35	8:45	2018
Stuart Coates	M1519	1:23:27	6:23	2019
Ethan Jeffries	M2024	1:24:50	6:29	2014
*Matthew Grey	M2529	1:14:38	5:42	2016
Zach Miller	M3034	1:16:36	5:51	2021
Ryan Kaiser	M3539	1:18:27	6:00	2015
Brad Chvatal	M4044	1:18:27	05:59	2012
Don Gallogly	M4549	1:23:37	6:23	2014
Eric Williams	M5054	1:20:58	6:11	2015
Layne Rolston	M5559	1:34:41	7:14	2015
Dan Meireis	M6064	1:36:48	7:24	2018
Bob Fuquay	M6569	1:54:43	8:45	2013
Jerry Sessions	M7074	2:05:20	9:35	2019
David Bekermeier	M7579	3:09:58	14:31	2019

*Overall Course Record

Silver Falls Marathon

Name	Div	Time	Pace	Year
Jaci Nixon	F1014	5:41:55	13:04	2019
Elizabeth Prosser	F1519	4:35:19	10:31	2016
Laura Hempel	F2024	3:44:23	8:34	2013
Kerri Lyons	F2529	4:04:53	9:21	2016
Jody Chinchon	F3034	4:01:22	09:12	2012
*Andrea Jarzombek	F3539	3:40:22	8:25	2013
Darla Askew	F4044	3:53:59	08:55	2012
Patricia McLoughlin	F4549	4:22:39	10:02	2021
Sierra Schneider	F5054	3:52:59	08:53	2012
Marilouise Beeman	F5559	5:06:12	11:42	2017
Joan Keiser	F6064	5:37:54	12:54	2015
Kaden Shaw	M1519	4:35:47	10:32	2016
Luke Acevedo	M2024	3:44:25	08:33	2012
Daniel Ballard	M2529	3:22:48	7:44	2014
David McKay	M3034	3:14:26	7:26	2017
*Michael Dennis	M3539	3:14:20	7:25	2013
Rod Bien	M4044	3:19:03	07:35	2012
Don Gallogly	M4549	3:24:01	7:47	2013
Mike Grimshaw	M5054	4:01:56	9:14	2016
Dan Meireis	M5559	4:00:26	9:11	2013
Harry Hicks	M6064	4:47:51	10:59	2012
Thomas Craven	M6569	5:15:04	12:02	2014
Eb Engelmann	M7099	5:39:02	12:56	2012

*Overall Course Record

Silver Falls 50K

Name	Div	Time	Pace	Year
Acadia Dinardo	F2024	4:54:26	9:29	2021
Rachael Lenz	F2529	4:53:54	9:28	2019
Brooke Salisbury	F3034	4:51:23	9:23	2021
Felice Kelly	F3539	4:49:27	9:19	2016
*Pam Smith	F4044	4:37:57	8:57	2018
Denise Bourassa	F4549	4:53:14	9:27	2017
Sheryl Hinchliff	F5054	6:17:57	12:10	2017
Cynthia Morris	F5559	5:45:43	11:08	2018
Casey Pugh	M2024	4:17:48	8:23	2021
*Drew Macomber	M2529	3:50:12	7:25	2019
Benjamin Ware	M3034	4:18:44	8:20	2016
Ryan Kaiser	M3539	3:54:09	7:33	2014
Rob Russell	M4044	4:09:48	8:03	2018
David Morgan	M4549	4:36:06	8:54	2016
Don Gallogly	M5054	4:24:26	8:31	2018
Jerry Mark	M5559	5:09:11	9:58	2016
Frank Goovaerts	M6064	5:37:06	10:51	2016
Richard Park	M6569	6:54:50	13:22	2018
Eb Engelmann	M7099	6:44:04	13:01	2015

*Overall Course Record