



**Pleasant Creek Trail Run
45K/30K/15K
Overall and Age Group Records**

“Do the Loop”

Legend

CW – Clockwise

CCW – Counterclockwise

Green – Event Record

Yellow – Direction Record

Fastest Loop

| Gender | 2023 – CCW |
|--------|-----------------------------------|
| Male | Bret Rosauer – 55:26 (15K) |
| Female | Megan Andresen – 1:15:47 (30K) |

| Gender | 2019 – CCW | 2020 – CW | 2021 – CCW | 2022 - CW |
|--------|------------------------------|---------------------------------------|---------------------------------|---------------------------------|
| Male | Mike Norberg – 57:23 (15K) | Austin Tegels – 0:57:34 (15K) | Erik Bandy – 0:55:28 (15K) | Andrew Kaehr – 0:59:52 (30K) |
| Female | Lauren Rauch – 1:09:08 (15K) | Olivia Dietzel – 1:05:05 (15K) | Sasha Gallagher - 1:09:38 (30K) | Sasha Gallagher – 1:09:17 (30K) |

| Gender | 2015 - CW | 2016 - CW | 2017 - CCW | 2018 - CW |
|--------|-------------------------------|---------------------------------|--------------------------------|--------------------------------|
| Male | Mike Nordberg - 1:00:35 (15K) | Devin Allbaugh - 0:56:37 (30K) | Devin Allbaugh - 0:58:26 (30K) | Austin Tegels - 58:41 (15K) |
| Female | Deidre Nims - 1:23:44 (30K) | Kelsey Allbaugh - 1:12:08 (15K) | Lisa Neher - 1:16:02 (15K) | Julie Johnston - 1:19:03 (30K) |

15K Age Group and Event Records

Event Records*

- Male: **Bret Rosauer** – 55:26 (2023 – CCW) / Austin Tegels 57:34 (2020 – CW)
- Female: **Olivia Dietzel 1:05:04** (2020 – CW) / Lauren Rauch 1:09:09 (2019 – CCW)

| 15K Age Group Results | | |
|-----------------------|-----------|-------------------------------|
| Gender | Age Group | 2023 - CCW |
| Male | <30 | Dominic Romano – 1:16:41 |
| Male | 30-45 | Bret Rosauer – 55:26* |
| Male | 46+ | Ed Sander – 1:13:34 |
| Female | <30 | Jennifer Wright – 1:32:56 |
| Female | 30-45 | Jodee Ross – 1:18:57 |
| Female | 46+ | Kirsten Leff – 1:15:51 |

| 15K Age Group Results | | | | | |
|-----------------------|-----------|---------------------------|----------------------------------|-------------------------------|----------------------------|
| Gender | Age Group | 2019 - CCW | 2020 – CW | 2021 – CCW | 2022 – CW |
| Male | <30 | Mikel Markey – 1:09:43 | Lucas McCarley – 1:11:44 | Dominic Romano – 1:08:02 | Greg Sam – 1:03:07 |
| Male | 30-45 | Mike Nordberg – 57:23 | Austin Tegels – 57:34 | Erik Bandy – 55:28* | Erik Bandy – 1:00:27 |
| Male | 46+ | Jeff Nietert – 1:08:04 | Martin Gingerich – 1:12:00 | Peter Ylvisaker – 1:14:45 | Josh Meggitt – 1:13:53 |
| Female | <30 | Lauren Rauch – 1:09:09 | Olivia Dietzel – 1:05:04* | Carma Armstrong – 1:26:40 | Alana Fleming – 1:42:10 |
| Female | 30-45 | Julie Johnston – 1:16:12 | Kirsten Leff – 1:14:02 | Kirsten Leff – 1:13:02 | Julie Johnston – 1:15:45 |
| Female | 46+ | Jennifer Oliver – 1:24:17 | Rae Lynn Lamparek – 1:26:40 | Deidre Nims – 1:27:43 | Rae Lyn Lamparek – 1:26:57 |

| 15K Age Group Results | | | | | |
|-----------------------|-----------|----------------------------|-------------------------------|----------------------------|--------------------------------|
| Gender | Age Group | 2015 - CW | 2016 - CW | 2017 - CCW | 2018 – CW |
| Male | <30 | Kinnick Nims - 1:51:51 | Greg Geimer - 1:11:37 | Joseph Feldman - 1:17:50 | Evan Neubauer - 1:00:58 |
| Male | 30-45 | Mike Nordberg - 1:00:35 | Jonathan Crandall - 1:16:09 | John Watkins - 1:00:59 | Austin Tegels - 58:41 |
| Male | 46+ | Kevin Bowden - 1:21:15 | Jeff Nietert - 1:07:24 | Barry Breffle - 1:18:40 | Barry Breffle - 1:09:49 |
| Female | <30 | Katelyn Pedersen - 1:45:12 | Kelsey Allbaugh - 1:12:08 | Sandra Kromminga - 1:28:18 | Sandra Kromminga - 1:21:39 |
| Female | 30-45 | Michelle Steele - 1:26:18 | Lisa Neher - 1:19:25 | Lisa Neher - 1:16:02 | Beth Dove - 1:21:14 |
| Female | 46+ | Debby Hildebrand - 1:35:52 | Monica Meeker - 1:26:53 | Cathy Lack - 1:27:50 | Julie Tyler - 1:33:00 |

30K Age Group and Event Records

Event Records*

- Male: **Devin Allbaugh 1:54:48 (2016 – CW)** / Andrew Kaehr 2:01:32 (2023 – CCW)
- Female: **Sasha Gallagher 2:19:19 (2021 – CCW)** / Danielle Hodge 2:26:29 (2020 – CW)

| 30K Age Group Results | | |
|-----------------------|-----------|---------------------------------|
| Gender | Age Group | 2023 - CCW |
| Male | <30 | n/a |
| Male | 30-45 | Andrew Kaehr – 2:01:32 |
| Male | 46+ | Mike Schulte – 3:58:10 |
| Female | <30 | n/a |
| Female | 30-45 | Christina Arnberger – 2:40:33 |
| Female | 46+ | Megan Andresen – 2:34:42 |

| 30K Age Group Results | | | | | |
|-----------------------|-----------|--------------------------|---------------------------------|-----------------------------------|-------------------------------|
| Gender | Age Group | 2019 – CCW | 2020 – CW | 2021 - CCW | 2022 - CW |
| Male | <30 | Jordan Ulmer – 2:31:55 | Alex O’Connell – 2:24:02 | Ryan Stevens – 2:36:26 | n/a |
| Male | 30-45 | Bryan Rutledge – 2:06:31 | Cary Richey – 2:18:39 | Cary Richey – 2:16:42 | Andrew Kaehr – 2:00:38 |
| Male | 46+ | Jason Vennard – 2:43:12 | John Yem – 3:04:15 | Jon Fitch – 2:23:14 | Barry Breffle – 2:40:04 |
| Female | <30 | Ashley Miles – 3:10:57 | n/a | Sasha Gallagher - 2:19:19* | Natalie Breffle – 3:52:14 |
| Female | 30-45 | Sarah Gall – 2:41:14 | Danielle Hodge – 2:26:29 | Megan Andresen – 2:42:44 | Christina Arnberger – 2:53:49 |
| Female | 46+ | Julia Moffitt – 3:02:12 | Denise Whiting – 3:46:11 | Stephanie Boss – 2:57:43 | Deb Gaddis – 3:04:31 |

| 30K Age Group Results | | | | | |
|-----------------------|-----------|-------------------------------|----------------------------------|--------------------------|--------------------------|
| Gender | Age Group | 2015 - CW | 2016 – CW | 2017 - CCW | 2018 - CW |
| Male | <30 | Brett Rosauer - 2:05:36 | Devin Allbaugh - 1:54:48* | Devin Allbaugh - 2:08:41 | Jordan Ulmer - 2:44:50 |
| Male | 30-45 | Ross Salinas - 2:14:45 | Jeff Kreinbring - 2:25:27 | Clark Purnell - 2:52:34 | Warren Clarida - 2:17:15 |
| Male | 46+ | Kim Wander - 3:34:07 | Steve Hagarty - 3:26:26 | David Fischer - 3:12:36 | Dave Endres - 3:09:32 |
| Female | <30 | Jillian Rutledge - 4:38:16 | Taylor Skala - 3:12:31 | n/a | Kaitlyn Linell - 4:59:28 |
| Female | 30-45 | Deidre Nims - 3:04:26 | Torey Lasater - 2:50:36 | Julie Johnston - 2:54:44 | Julie Johnston - 2:58:33 |
| Female | 46+ | Laura Lenius Walton - 4:10:38 | Wendy Foote - 3:14:32 | Yohinnie Juhlin -2:57:45 | Deb Gaddis - 3:29:00 |

45K Age Group and Event Records

Event Records*

- Male: **Sidney Noble 3:04:52 (2023 – CCW)** / Cory Logsdon 3:15:36 (2020 – CW)
- Female: **Sasha Gallagher 3:36:10 (CW)** / Christine Burns 4:10:33 (2021 – CCW)

| 45K Age Group Results | | |
|-----------------------|-----------|--------------------------------|
| Gender | Age Group | 2023 - CCW |
| Male | <30 | Sidney Noble – 3:04:52* |
| Male | 30-45 | Jason Downing – 3:22:15 |
| Male | 46+ | Bryan Powers – 4:29:01 |
| Female | <30 | n/a |
| Female | 30-45 | Candace Wood – 5:28:04 |
| Female | 46+ | Julia Moffitt – 5:09:09 |

| 45K Age Group Results | | | | | |
|-----------------------|-----------|------------------------------|-------------------------------|----------------------------------|-----------------------------------|
| Gender | Age Group | 2019 – CCW | 2020 – CW | 2021 – CCW | |
| Male | <30 | Kyle Mueller – 4:22:16 | Kyle Mueller – 4:06:21 | Jacob Gallagher – 3:46:16 | Collin Buck – 3:46:23 |
| Male | 30-45 | Kris Vickroy – 3:45:10 | Cory Logsdon – 3:15:36 | Cory Logsdon – 3:33:32 | Cory Logsdon – 3:21:52 |
| Male | 46+ | David Pullara – 4:41:42 | Scott Gall – 3:22:44 | Bryan Powers – 4:24:17 | Michael Bray – 7:26:31 |
| Female | <30 | n/a | Bridgette Mahlstedt – 4:19:38 | Noel Voigt – 5:09:28 | Sasha Gallagher – 3:36:10* |
| Female | 30-45 | Danielle Wangsness – 4:42:27 | Danielle Wangsness – 5:00:54 | Christine Burns – 4:10:33 | Tiffany Gunhus – 4:43:56 |
| Female | 46+ | Denise Whiting – 5:29:58 | Mary Toohill – 4:22:58 | Lauren Cronbaugh – 5:45:17 | Valerie Thompson – 6:23:21 |

| 45K Age Group Results | | | | | |
|-----------------------|-----------|-----------|---------------------------|---------------------------|----------------------------|
| Gender | Age Group | 2015 - CW | 2016 - CW | 2017 - CCW | 2018 - CW |
| Male | <30 | n/a | n/a | Cory Logsdon - 3:18:44 | Daniel Long - 5:29:57 |
| Male | 30-45 | n/a | Ross Salinas - 3:58:53 | Jason Zakaras - 4:17:28 | Cory Logsdon - 3:28:12 |
| Male | 46+ | n/a | Shannon Haus - 5:13:55 | Patrick Danaher - 4:24:50 | Josh Meggitt - 5:12:22 |
| Female | <30 | n/a | Chelsie Vawter - 5:54:37 | n/a | n/a |
| Female | 30-45 | n/a | Michelle Steele - 5:14:54 | Natalee Swan - 4:56:30 | Jennifer Freeman - 4:12:59 |
| Female | 46+ | n/a | Denise Whiting - 5:29:23 | Denise Whiting - 6:32:03 | Wendy Foote - 5:39:48 |