

**Raymond Greenlaw
Athletic Résumé**

November 29, 2021

HIKING:

Hikes longer than 700 miles are listed.

1. **Appalachian Trail (AT)**
Distance: 2,169 miles
Dates: May 11 to August 16, 1995 (97 days)
Notes: First six weeks hiking with Peter Solomon; remainder solo.
2. **Pacific Crest Trail (PCT)**
Distance: 2,659 miles
Dates: May 12 to August 2, 2003 (83 days)
Notes: Broke the world record for the fastest hike (FKT) of the PCT. Solo.
3. **Continental Divide Trail (CDT)**
Distance: 2,800 miles
Dates: April 25 to August 2, 2015 (100 days)
Notes: Solo.
4. **Via Dinarica White Trail (VDWT)**
Distance: 780 miles
Dates: July 4 to August 24, 2017 (52 days)
Notes: With Glenn Fleagle completed the fastest hike ever of the GPS route. Slovenia, Croatia, Bosnia and Herzegovina, Montenegro, and Albania. The route has since been extended.
5. **East to West Walk Across Thailand**
Distance: 725 miles
Dates: March 12 to April 3, 2018 (22 days and 9 hours)
Notes: Solo hike from the eastern-most point of Thailand at the PK Riverside Resort, Ubon Ratchathani to the western-most point at Salawin River

View Point, Mae Sam Laep, Mae Hong Son.

CYCLING RACES:

1. **Adirondack 540:** Wilmington, New York
Dates: September 13–15, 2012
Distance: 544 miles
Status: DNF (broken shift lever)
Time: 32:00:00
Climbing: 20,000 feet completed
Distance completed: 365 miles
2. **Florida Cycling Challenge:** Daytona Beach, Florida
Date: November 11, 2012
Distance: 391 miles
Status: 10:51 for 200 miles; 23 hours total riding time
Time: 27:39:00
Distance completed: Rode 400+ miles with many wrong turns
Climbing: 5,000 feet
Place: 5th
3. **Doi Inthanon Climb:** Chiang Mai, Thailand
Date: February 3, 2013
Distance: 48.5 kilometers
Time: 3:08:00
Climbing: 8,000+ feet
Place: 53rd
Riders: 700
4. **Race Across America (RAAM):** Oceanside, California to Annapolis, Maryland
Dates: June 12–23, 2013
Distance: 2,962.4 miles
Time: 12 days 1 hour 57 minutes
Climbing: 160,000+ feet
Place: 23rd (unofficial)
Riders: 45
5. **Adirondack 540:** Wilmington, New York

Dates: September 13–15, 2013
 Distance: 544 miles
 Time: 41:27
 Distance completed: 544 miles
 Climbing: 31,000+ feet
 Place: 1st
 Conditions: Cold, rainy, and very windy.
 Injured an eye after 140 miles and could only see out of one eye for the remainder of the race.

6. **Race Across America (RAAM):**
 Oceanside, California to Annapolis, Maryland
 Dates: June 11–22, 2014
 Distance: 3,020 miles
 Time: 11 days 22 hours 45 minutes
 Climbing: 160,000+ feet
 Place: 23rd
 Riders: 48
7. **Adirondack 540:** Wilmington, New York
 Dates: September 12–14, 2014
 Distance: 544 miles
 Time: 17:00
 Distance completed: 272 miles
 Climbing: 16,500+ feet
 Place: DNF
 Conditions: Cold, rainy, and very windy.
 Lost vision completely in left eye, and could hardly see out of right eye. I was leading the race at about 225 miles. I rested but my vision did not improve, and I had to DNF.
8. **World Time Trial Championships:**
 Borrego Springs, California
 Date: November 5, 2016
 Distance: 117.6 miles
 Time: 6 hours
 Age group: 2nd
 Overall men: 6th
 Note: Completed the last 4.8-mile two seconds over the time limit, so that loop did not count.

CYCLING RIDES:

Longest ride: 4,556 miles (7,348 kilometers) 2020

Number of times having rode the following distances or greater in 24 hours or less:

- 100 miles: 1,181
- 200 miles: 57
- 300 miles: 12
- 350 miles: 7

Cycling trips longer than 500 miles, races not included.

1. **Crossing USA:** Provincetown, Massachusetts to San Diego, California
 Dates: April 28 to June 4, 2011
 Distance: 3,477 miles
 Time: 36 days
 Partner: Peter Solomon
 Notes: Joined the RAAM route in northern Maryland.
2. **Euro Velo 6:** Budapest, Hungary to Constanta, Romania
 Dates: May 23 to June 5, 2012
 Distance: 680 miles (approximate)
 Time: 13 days
 Partner: Paul Göransson
 Notes: Purchased bicycles in Budapest and sold them in Constanta.
3. **Chiang Mai to Phuket Return:**
 Chiang Mai to Phuket, Thailand
 Dates: April 14 to April 23, 2013
 Distance: 2,010 miles
 Time: 9 days and 11 hours
 Partner: solo
 Notes: Traveling far west of Bangkok through Kanchanaburi. Unsupported.
4. **Chiang Mai to Bueng Gan Return:** Chiang Mai to Bueng Gan, Thailand

- Dates: May 5 to May 11, 2013
 Distance: 1,044 miles
 Time: 5 days and 10 hours
 Partner: solo
 Notes: Unsupported. Using a route via Chiang Mai, Lamphun, Lampang, Phrae, Uttaradit, Phitsanulok, Loei, Nong Bua Lamphu, Udon Thani, Nong Khai, and Bueng Gan.
5. **Chiang Mai to Bueng Gan Return:** Chiang Mai to Bueng Gan, Thailand
 Dates: Winter 2014
 Distance: 1,051 miles
 Time: 7 days
 Partner: solo
 Notes: Unsupported. Using a route via Chiang Mai, Lamphun, Lampang, Phrae, Nan, Uttaradit, Phitsanulok, Loei, Nong Khai, and Bueng Gan. Hard mountainous route.
6. **Chiang Mai to Phuket Partial Return:** Chiang Mai to Phuket, Thailand
 Dates: Spring 2014
 Distance: 1,400 miles
 Time: 9 days
 Partner: solo
 Notes: Traveling far west of Bangkok through Kanchanaburi. Some support.
7. **Chiang Mai to Bueng Gan Return:** Chiang Mai to Bueng Gan, Thailand
 Dates: Fall 2014
 Distance: 1,048 miles
 Time: 7 days
 Partner: solo
 Notes: Unsupported. Using a route via Chiang Mai, Lamphun, Lampang, Phrae, Nan, Uttaradit, Phitsanulok, Loei, Nong Khai, and Bueng Gan. Hard mountainous route.
8. **Chiang Mai to Phuket Partial Return:** Chiang Mai to Phuket, Thailand
 Dates: Spring 2015
 Distance: 1,200 miles
 Time: 10 days
 Partner: solo
 Notes: Traveling far west of Bangkok through Kanchanaburi. Some support.
9. **Chiang Mai to Bueng Gan Return:** Chiang Mai to Bueng Gan, Thailand
 Dates: Fall 2015
 Distance: 1,140 miles
 Time: 8 days
 Partner: solo
 Notes: Supported. Using a route via Chiang Mai, Lamphun, Lampang, Phrae, Nan, Uttaradit, Phitsanulok, Loei, Nong Khai, and Bueng Gan. Hard mountainous route.
10. **Chiang Mai to Bueng Gan Return:** Chiang Mai to Bueng Gan, Thailand
 Dates: Winter 2016
 Distance: 1,044 miles
 Time: 9 days
 Partner: solo
 Notes: Supported. Using a route via Chiang Mai, Lamphun, Lampang, Phrae, Nan, Uttaradit, Phitsanulok, Loei, Nong Khai, and Bueng Gan. Hard mountainous route.
11. **Chiang Mai to Bueng Gan Return:** Chiang Mai to Bueng Gan, Thailand
 Dates: Spring 2016
 Distance: 1,133 miles
 Time: 10 days
 Partner: solo
 Notes: Supported. Using a route via Chiang Mai, Lamphun, Lampang, Phrae, Nan, Uttaradit, Phitsanulok, Loei, Nong

- Khai, and Bueng Gan. Hard mountainous route.
12. **Chiang Mai to Bueng Gan to Ubon Ratchathani Return:** Chiang Mai to Bueng Gan to Ubon Ratchathani to Chiang Mai, Thailand
 Dates: Spring 2016
 Distance: 1,426 miles
 Time: 14 days
 Partner: solo
 Notes: Unsupported. Using a route via Chiang Mai, Lamphun, Lampang, Phrae, Nan, Uttaradit, Phitsanulok, Loei, Nong Khai, Bueng Gan, Sakon Nakhon, Mukdahan, Amnat Charoen, Ubon Ratchathani, Si Saket, Surin, Buriram, Chaiyaphum, Phetchabun, Phitsanulok, Uttaradit, Phrae, Lampang, Lamphun, and Chiang Mai.
 13. **Chiang Mai to Bueng Gan Return:** Chiang Mai to Bueng Gan, Thailand
 Dates: Fall 2016
 Distance: 1,027 miles
 Time: 10 days
 Partner: solo
 Notes: Supported. Using a route via Chiang Mai, Lamphun, Lampang, Phrae, Nan, Uttaradit, Phitsanulok, Loei, Nong Khai, and Bueng Gan. Hard mountainous route.
 14. **Chiang Mai to Hanoi:** Chiang Mai, Thailand to Hanoi, Vietnam
 Dates: February 17 to March 6, 2017
 Distance: 700 miles (approximate)
 Time: 18 days
 Partner: Paul Göransson
 Notes: Unsupported. Using a route via Chiang Mai, Fang, Chiang Rai, Chiang Khong, Pak Beng, Dien Bien Phu, middle mountain route, Hanoi. Some dirt roads.
 15. **Chiang Mai to Bueng Gan Return:** Chiang Mai to Bueng Gan, Thailand
 Dates: Winter 2017
 Distance: 1,041 miles
 Time: 10 days
 Partner: solo
 Notes: Supported. Using a route via Chiang Mai, Lamphun, Lampang, Phrae, Nan, Uttaradit, Phitsanulok, Loei, Nong Khai, and Bueng Gan. Hard mountainous route.
 16. **Chiang Mai to Bueng Gan Return:** Chiang Mai to Bueng Gan, Thailand
 Dates: April 28 to May 8, 2017
 Distance: 1,044 miles
 Time: 10 days
 Partner: solo
 Notes: Supported. Using a route via Chiang Mai, Lamphun, Lampang, Phrae, Nan, Uttaradit, Phitsanulok, Loei, Nong Khai, and Bueng Gan. Hard mountainous route.
 17. **Chiang Mai to Bueng Gan Return:** Chiang Mai to Bueng Gan, Thailand
 Dates: October 5 to October 10, 2017
 Distance: 611 miles
 Time: 6 days
 Partner: solo
 Notes: Supported. Partial ride completed. Rained out. Using middle route through Nakorn Thai.
 18. **Chiang Mai to Luang Prabang Return:** Chiang Mai, Thailand to Luang Prabang, Laos
 Dates: April 12 to April 22, 2018
 Distance: 803 miles
 Climbing: 42,147 feet
 Time: 9 days of riding
 Partner: solo
 Notes: Supported most of the route.

- Chiang Mai, Den Chai, Nam Pat, Phu Soi Dao (detour to Phuu Duu border), Phu Soi Dao, Tha Li, Sayaboury, Luang Prabang, Na Mor, Huay Xai, Chiang Khon, Chiang Rai, Fang, and Chiang Dao. Temperatures around 108F (42C) most days.
19. **Chiang Mai to Vientiane to Lampang:** Chiang Mai, Thailand to Vientiane, Laos
 Dates: April 28 to May 17, 2018
 Distance: 1,370 miles
 Climbing: 46,609 feet
 Time: 16 days of riding
 Partner: partially supported
 Notes: Chiang Mai, Lamphun, Lampang, Long (Phrae), Den Chai (Phrae), Uttaradit, Chat Trakan (Phitsanulok), Nakhon Thai (Phitsanulok), Dansai (Loei), Tha Li (Loei), Kean Thao (Loei, border), Na Phor (Laos), Xayaboury, Nan City, Kasi, Hin Hoeup, Vang Vieng, Vientiane, Nong Khai, Bueng Gan, Sri Chiang Mai (Nong Khai), Tha Li, Chat Trakan, Uttaradit, Phrae, and Lampang.
 Muang Nan to Kasi has a brutal climb about 6 miles at 14% average grade. Road climbs to about 6,000 feet. The area is considered dangerous because of Hmong Rebels. The descent is exceptionally dangerous. Temperatures over 104F (40C) most days and a high of 110F (43+C) with humidity. Storm on last day, so picked up in Lampang.
20. **Trans America Trail:** Astoria, Oregon to Yorktown, Virginia
 Dates: May 27 to July 8, 2018
 Distance: 4,326 miles
 Time: 42.5 days
 Partner: 20 days with Andy Phillips; remainder solo
 Notes: Unsupported.
21. **Chiang Mai around Northern Thailand Return:** Chiang Mai to Ubon Ratchathani to Nakhon Phanom to Chiang Mai, Thailand
 Dates: November 4–28, 2018
 Distance: 2,079 miles
 Time: 19 days of riding
 Partner: solo
 Notes: Supported for 5 days. Broke a rim on my mountain bike near Cambodia. It caused 6 unexplained flats and a 3-day delay. New rim acquired in Ubon Ratchathani. Using a route via Chiang Mai, Lamphun, Lampang, Sukhothai, Phitsanulok, Phichit, Phetchabun, Chaiyaphum, Nakhon Ratchasima, Buriram, Surin, Si Saket, Ubon Ratchathani, Amnat Charoen, Mukdahan, Nakhon Phanom, Bueng Gan, Nong Khai, Loei, Phitsanulok, Uttaradit, Nan, Phayao, Chiang Rai, and Chiang Mai.
22. **Chiang Mai around Upper Thailand Return:** Chiang Mai to 33 provinces and return to Chiang Mai, Thailand
 Dates: August 2 to October 19, 2020
 Distance: 4,556 miles
 Time: 58 days of riding
 Partner: solo
 Notes: Unsupported. Using mountain bike. Rainy season. GPS maps lost on day three after GPS got wet. Two flats, 14 wasp/bee stings, two new chains, two new set of brake pads, new clothes, and new tires. Climbed Phu Chi Fah via route 4018 non-stop. Did 26 centuries with a biggest day of 175 miles. Using a route via Chiang Mai, Lamphun, Lampang, Sawankhalok, Sukhothai, Phitsanulok, Wang Tong, Phetchabun, Lomsak, Chaiyaphum, Chum Pae, Khon Kaen, Maha Sarakham, Kalasin, Sakon Nakhon, Nakhon Phanom, Ban Phaeng, Seka, So Phisai, Bueng

- Gan, Nong Khai, Udon Thani, Ban Phaeng, Nakhon Phanom, Mukdahan, Yasothon, Amnat Charoen, Ubon Ratchathani, Khong Chiam, Si Saket, Surin, Buriram, Prakhon Chai, Aranyaphrathet, Sa Kaeo, Chantaburi, Trat, Ban Hat Lek, Chantaburi, Soi Dao, Prachin Buri, Sa Kaeo, Cabin Buri, Chok Chai, Nakhon Ratchasima, Buriram, Maha Sarakham, Mancha Kiri, Khon Kaen, Maha Sarakham, Kalasin, Som Det, Kalasin, Sakon Nakhon, Phong Khon, Udon Thani, Nong Khai, Bueng Gan, Nong Khai, Sang Kham, Pak Chom, Chiang Khan, Loei, Tha Li, Na Haeo, Phitsanulok, Uttaradit, Ban Khok, Na Noi, Nan, Phayao, Chun, Thoeng, Chiang Rai, Phayameng Rai, Phu Chi Fah, Thoeng, Chiang Rai, Phayameng Rai, Chiang Klong, Chiang Rai, Mae Suai, Fang, Chiang Dao, and Chiang Mai.
23. **Chiang Mai to Nakhon Phathom**
Return: Chiang Mai to Nakhon Phanom return, Thailand
 Dates: February 4 to March 5, 2021
 Distance: 1,625 miles
 Time: 30 days, 19 days of riding
 Partner: solo, except Bueng Gan to Nakhon Phanom return with Kig
 Notes: Using a route via Chiang Mai, Lamphun, Lampang, Phrae, Den Chai, Uttaradit, Phitsanulok, Nakorn Thai, Loei, Pak Chom, Nong Khai, Si Kai, Bueng Gan, Pak Khat, Bueng Gan, Seka, Nakatae, Nakhon Phanom, Ban Phaeng, Bueng Gan, Nong Khai, San Kom, Loei, Thai Li, Na Haeo, Dan Sai, Nakorn Thai, Chat Trakan, Phitsanulok, Uttaradit, Phrae, Rong Kwang, Ngao, Phayao, Chiang Rai, Mae Suai, Fang, and Chiang Mai. Six days of running, nine centuries, and a biggest day of 134 miles.
24. **Chiang Mai, Upper Thailand, Doi Ang Khang:** Chiang Mai to 20 provinces and finish at Doi Ang Khang parking lot in Chiang Mai, Thailand
 Dates: October 21 to November 24, 2021
 Distance: 2,567 miles
 Time: 25 days of riding
 Partner: solo
 Notes: Supported for 10 days. Using mountain bike. Two days of running and five days of hiking. No flats. Rode a 5:18 century one day. Problem with shifting into the big chain ring. Serviced bike in Udon Thani and Ubon Ratchathani, but the shifting problem wasn't corrected. After an 850-mile week, finished with a ride to Doi Ang Khang parking lot, using route 1249. Very tough. GPS indicated steepest gradient was 26%. Completed the 25-kilometer ride from route 107 to the Doi Ang Khang parking lot in just under two hours. Did 21 centuries with a biggest day of 150 miles. Developed a saddle sore on day 2 after a rainy day in Phrae. Using a route via Chiang Mai, Lamphun, Lampang, Den Chai, Phrae, Uttaradit, Phitsanulok, Chat Trakan, Nakorn Thai, Dan Sai, Loei, Phu Rua, Chiang Khan, Pak Chom, Sang Kom, Sri Chiang Mai, Tha Bo, Nong Khai, See Gai, Rattanawapi, Pak Khat, So Phisai, Pom Phisai, Nong Khai, Udon Thani, transfer to Bueng Gan (COVID-19 issue), Bueng Gan, Fao Rai, Ban Dung, Nong Han, Udon Thani, Nong Han, Si That, Kranuan, Kalasin, Nam Phong, Khon Kaen, Kalasin, Roi Et, Yasothon, Maha Chana Chai, Rasi Salai, Si Saket, Kantararom, transfer to Pha Taem, Chom Mek, Bunturik, Na Chaluai, Det Udom, Ubon Ratchathani, Si Saket, Hua Chang, Non Narai, Kra-Om, Sam-

rong Thap, Sikhornphum, Buriram, Pakhon Chai, Surin, Tha Turn, Suwannaphum, Yasothon, Amnat Chalorn, Khemarat, Chanuman, Mukdahan, That Phanom, Sakhon Nakhon, Sawang Daen Din, Nong Han, Ban Dung, Pom Phisai, Nong Khai, Pak Khat, So Phi Sai, Pom Phisai, Nong Khai, Sri Chiang Mai, Sang Kom, Pak Chom, Chiang Khan, Loei, Tha Li, Dan Sai, Phitsanulok, Nakhorn Thai, Chat Trakan, Phu Soi Dao, Nam Pat, Tha Pla, Uttaradit, Phrae, Rong Khom, Ngao (Lampang), Phayao, Chiang Rai, Mae Lao, Mae Suai, Huai Khrai, Fang, Mae Ai, Tha Ton, Mae Ai, Fang, Doi Ang Khang parking lot.

MOUNTAINEERING:

I climbed my first mountain when I was age 14. I have climbed about 1,500 mountains all over the world. Here I list just those mountains that are part of the seven summits.

1. Mount Elbrus, Russia
July 24, 2001
18,481 feet
2. Aconcagua, Argentina
January 9, 2002
22,840 feet
3. Kilimanjaro, Tanzania
August 3, 2002
19,339 feet
4. Kosciusko, Australia
March 17, 2003
7,310 feet
5. Vinson Massif, Antarctica
January 10, 2005
16,067 feet
6. Mount McKinley, Alaska, USA
May 26, 2009
20,320 feet

ULTRA MARATHONS:

- A few quick facts:
 - PR 50 miles: 6:27:05 at Texas Trail 50, 1997
 - PR 100 kilometers: 8:20:43 at US Nationals, 1998
 - PR 100 miles: 22:13:20 at Western States, 1994
 - Gone ultra distance (50 kilometers or more) over 254 times, includes training runs.
 - Wins:
 - Age group at Texas Trail 50
 - Top ten:
 - Laugavegurinn 55K
 - Mountain Masochist (2 times)
 - Nifty Fifty
 - Nugget 50
 - Strolling Jim (2 times)
 - Texas Trail 50 (4 times)
 - US National 100K Championships
 - Number of 100 mile runs completed: 6
 - Number of 50 mile runs completed: 13
 - Hardest race: Wasatch Front 100
1. **Sunmart Texas Trail 50:** Huntsville, Texas
Date: December 15, 1990
Distance: 50.2 miles
Time: 7:17:15
Place: 3rd
Finishers: 57

2. **Western States 100 Mile Endurance Run:** Squaw Valley, California
Date: June 29, 1991
Distance: 100 miles
Time: 26:33:02
Place: 130th
Finishers: 242
Place: 1st in the 36 miler
Finishers: 72
Note: Stopped by race officials at 18 miles for 13 minutes. Course changed to 36 miles out and back. At 31 miles course changed back to 50 miles.
3. **Sunmart Texas Trail 50:** Huntsville, Texas
Date: December 7, 1991
Distance: 50.2 miles
Time: 7:48:49
Place: 10th
Finishers: 73
4. **Leadville Trail 100:** Leadville, Colorado
Date: August 15, 1992
Distance: 100 miles
Time: DNF
Finishers: 138
Note: 50 mile split, 9:40:57; dropped out at Twin Lakes, 61 miles, 15:19:10.
5. **Mountain Masochist Trail Run:** Blue Ridge Parkway, Virginia
Date: October 24, 1992
Distance: 50 miles
Time: 7:58:00
Place: 7th
Finishers: 155
6. **Sunmart Texas Trail 50:** Huntsville, Texas
Date: December 19, 1992
Distance: 50.2 miles
Time: 6:47:25
Place: 10th
Finishers: 139
7. **Nugget 50:** North San Juan, California
Date: May 22, 1993
Distance: 50 miles
Time: 4:52:00
8. **Leadville Trail 100:** Leadville, Colorado
Date: August 21, 1993
Distance: 100 miles
Time: 23:53:48
Place: 24th
Finishers: 134
9. **Angeles Crest 100 Mile Endurance Run:** Wrightwood, California
Date: October 9, 1993
Distance: 100 miles
Time: DNF
Finishers: 58
Note: Dropped out at Chantry Flats, 76 mile split 17:11:00.
10. **Western States 100 Mile Endurance Run:** Squaw Valley, California
Date: June 25, 1994
Distance: 100 miles
Time: 22:13:20
Place: 31st
Finishers: 249
11. **Mountain Masochist Trail Run:** Blue Ridge Parkway, Virginia
Date: October 22, 1994
Distance: 50 miles
Time: 7:51:00
Place: 6th
Finishers: 155
12. **71st Comrades Marathon:** Durban to Pietermaritzburg (up), South Africa
Date: June 17, 1996
Distance: 86.7 kilometers
Time: 7:38:51

- Place: 1,029th
Finishers: 11,264
13. **34th JFK 50:** Boonsboro, Maryland
Date: November 23, 1996
Distance: 50.2 miles
Time: 6:46:20
Place: 16th
Finishers: 625
14. **Wasatch Front 100:** East Layton, Utah
Date: September 6, 1997
Distance: 100 miles
Time: DNF
Finishers: 118
Note: Dropped out at Upper Bigwater, 59.2 mile split 13:15:00.
15. **Sunmart Texas Trail 50:** Huntsville, Texas
Date: December 13, 1997
Distance: 50.2 miles
Time: 6:27:05
Place: 7th
Finishers: 253
16. **U.S. Nationals 100K Championships:** Pittsburgh, Pennsylvania
Date: March 30, 1998
Distance: 100 kilometers
Time: 8:20:43
Split for 50 miles: 6:31
Place: 10th
Finishers: 75
17. **Sunmart Texas Trail 50:** Huntsville, Texas
Date: December 12, 1998
Distance: 50.2 miles
Time: 7:37:59
Place: 27th
Finishers: 269
18. **Laugavegurinn 55K:** Landmannalaugar, Iceland
Date: July 24, 1999
Distance: 55 kilometers
Time: 5:20:15
Place: 4th
Finishers: 86
19. **Wasatch Front 100:** East Layton, Utah
Date: September 11–12, 1999
Distance: 100 miles
Time: 29:25
Place: 37th
Finishers: 114
20. **75th Comrades Marathon:** Durban to Pietermaritzburg (up), South Africa
Date: June 16, 2000
Distance: 87.6 kilometers
Time: 7:23:47
Place: 573th
Finishers: 20,000
21. **Angeles Crest 100 Mile Endurance Run:** Wrightwood, California
Date: September 30, 2000
Distance: 100 miles
Time: 27:18:40
Place: 38th
Finishers: 108
22. **Strolling Jim 40:** Wartrace, Tennessee
Date: May 4, 2002
Distance: 41.2 miles
Time: 5:22:26
Place: 6th
Finishers: 60
23. **Nifty 50, New England Championships:** Coventry, Rhode Island
Date: November 17, 2002
Distance: 50 miles
Time: 6:55:55
Place: 4th
24. **Strolling Jim 40:** Wartrace, Tennessee

Date: May 1, 2004
 Distance: 41.2 miles
 Time: 5:28:25
 Place: 5th
 Finishers: 60

25. **Tussey Mountain 50, US National Championships:** State College, Pennsylvania

Date: October 16, 2010
 Distance: 50 miles
 Time: 7:41:17
 Overall: 14th
 Age group: 3rd

MARATHONS:

A few quick facts:

- PR: Tucson Marathon 2:51:45, 2005
- Gone marathon distance or farther 584 times, includes ultras.
- Sub-threes: 15
- Average time of ten best: 2:53:31
- Average time of 33 best marathons: 2:59:53
- Average time of best seven Bostons: 2:57:53
- Overall wins: Low Country Distance Classic Marathon 2004
- Masters wins:
 - Low Country Distance Classic Marathon 2003
 - Atlanta Marathon 2003
 - Bay State Marathon 2004 (1st 40-49)
 - Low Country Distance Classic Marathon 2004

– Rutledge Marathon 2009 (1st 45-49)

• Top ten finishes:

- 10th Cape Cod Marathon 1993
- 5th Nipmuck Trail Marathon 1994
- 10th Nipmuck Trail Marathon 1997
- 3rd Tybee Marathon 1999
- 5th Myvatn Marathon 1999
- 7th Leadville Trail Marathon 2001
- 6th Tybee Marathon 2003
- 2nd Low Country Distance Classic Marathon 2003
- 5th Atlanta Marathon 2003
- 9th Bay State Marathon 2004
- 1st Low Country Distance Classic Marathon 2004
- 10th Phuket Marathon 2006
- 6th Chiang Mai Marathon 2008
- 4th Rutledge Marathon 2009

• Most frequently run:

- Boston: 10 times
- Tybee: 6 times
- Nipmuck: 5 times
- Phuket: 4 times

1. **Rhode Island Marathon:** Newport, Rhode Island

Date: October 22, 1989

Distance: 26.2 miles

Time: 3:23:06

Place: 216th

Finishers: 1,200 (approximate)

2. **Nipmuck Trail Marathon:** Ashford, Connecticut

Date: June 10, 1990

- Distance: 26 miles (approximate)
 Time: 3:54:00
 Place: 15th
 Finishers: 85 (approximate)
3. **Cape Cod Marathon:** Falmouth, Massachusetts
 Date: October 28, 1990
 Distance: 26.2 miles
 Time: 3:03:36
 Place: 78th
 Finishers: 471
4. **Cape Cod Marathon:** Falmouth, Massachusetts
 Date: October 27, 1991
 Distance: 26.2 miles
 Time: 3:00:52
 Place: 45th
 Finishers: 366
5. **Nipmuck Trail Marathon:** Ashford, Connecticut
 Date: June 7, 1992
 Distance: 26 miles (approximate)
 Time: 3:56:53
 Place: 13th
 Finishers: 88
6. **Maine Marathon:** Portland, Maine
 Date: October 4, 1992
 Distance: 26.2 miles
 Time: 2:54:22
 Place: 20th (approximate)
 Finishers: 400 (approximate)
7. **Cape Cod Marathon:** Hyannis, Massachusetts
 Date: March 7, 1993
 Distance: 26.2 miles
 Time: 2:53:31
 Place: 10th
 Finishers: 500 (approximate)
8. **Nipmuck Trail Marathon:** Ashford, Connecticut
 Date: June 6, 1993
- Distance: 26 miles (approximate)
 Time: 3:37:15
 Place: 12th
 Finishers: 123
9. **Rhode Island Marathon:** Providence, Rhode Island
 Date: November 7, 1993
 Distance: 26.2 miles
 Time: 3:01:49
 Place: 73rd
 Finishers: 676
10. **Boston Marathon:** Hopkinton, Massachusetts
 Date: April 18, 1994
 Distance: 26.2 miles
 Time: 2:52:25
 Place: 684th
 Finishers: 8,105
11. **Burlington Marathon:** Burlington, Vermont
 Date: May 29, 1994
 Distance: 26.2 miles
 Time: 2:54:04
 Place: 46th
 Finishers: 966
12. **Nipmuck Trail Marathon:** Ashford, Connecticut
 Date: June 5, 1994
 Distance: 26 miles (approximate)
 Time: 3:24:11
 Place: 5th
 Finishers: 120
13. **Boston Marathon:** Hopkinton, Massachusetts
 Date: April 17, 1995
 Distance: 26.2 miles
 Time: 2:52:01
 Place: 530th
 Finishers: 8,259
14. **16th Marathon Popular de Valencia (Compensada):** Valencia, Spain

- Date: February 4, 1996
 Distance: 26.2 miles
 Time: 2:58:21
 Place: 309th
 Finishers: 1,500
15. **XIX Catalunya Marathon:** Barcelona, Spain
 Date: March 17, 1996
 Distance: 26.2 miles
 Time: 3:05:06
 Place: 340th
 Finishers: 3,000
16. **Bay State Marathon:** Lowell, Massachusetts
 Date: October 13, 1996
 Distance: 26.2 miles
 Time: 2:53:46
 Place: 18th
 Finishers: 711
17. **Boston Marathon:** Hopkinton, Massachusetts
 Date: April 21, 1997
 Distance: 26.2 miles
 Time: 2:59:22
 Place: 770th
 Finishers: 8,910
18. **Nipmuck Trail Marathon:** Ashford, Connecticut
 Date: June 1, 1997
 Distance: 26 miles (approximate)
 Time: 3:41:40
 Place: 10th
 Finishers: 120
19. **Boston Marathon:** Hopkinton, Massachusetts
 Date: April 20, 1998
 Distance: 26.2 miles
 Time: 3:01:12
 Place: 1,120th
 Finishers: 10,307
20. **Tybee Marathon:** Tybee Island, Georgia
 Date: February 13, 1999
 Distance: 26.2 miles
 Time: 2:54:26
 Place: 3rd
 Finishers: 181
21. **Boston Marathon:** Hopkinton, Massachusetts
 Date: April 19, 1999
 Distance: 26.2 miles
 Time: 2:58:04
 Place: 468th
 Finishers: 11,293
22. **Myvatn Marathon:** Myvatn, Iceland
 Date: June 25, 1999
 Distance: 26.2 miles
 Time: 2:55:26
 Place: 5th
 Finishers: 66
23. **Tybee Marathon:** Tybee Island, Georgia
 Date: February 5, 2000
 Distance: 26.2 miles
 Time: 3:05:20
 Place: 17th
 Finishers: 169
24. **Boston Marathon:** Hopkinton, Massachusetts
 Date: April 17, 2000
 Distance: 26.2 miles
 Time: 3:00:52
 Place: 1,357th
 Finishers: 15,663
25. **Leadville Trail Marathon:** Leadville, Colorado
 Date: July 7, 2001
 Distance: 26.2 miles
 Time: 4:30:29
 Place: 7th
 Finishers: 128

26. **Tybee Marathon:** Tybee Island, Georgia
 Date: February 2, 2002
 Distance: 26.2 miles
 Time: 3:09:50
 Place: 14th
 Finishers: 233
27. **Tybee Marathon:** Tybee Island, Georgia
 Date: February 1, 2003
 Distance: 26.2 miles
 Time: 2:56:37
 Place: 6th
 Finishers: 318
28. **Bluffton Low Country Distance Classic:** Bluffton, South Carolina
 Date: October 26, 2003
 Distance: 26.2 miles
 Time: 3:12:56
 Place: 2nd, 1st master
 Finishers: 50
29. **Atlanta Marathon:** Atlanta, Georgia
 Date: November 27, 2003
 Distance: 26.2 miles
 Time: 2:54:55
 Place: 6th, 1st master
 Finishers: 644
30. **Boston Marathon:** Hopkinton, Massachusetts
 Date: April 19, 2004
 Distance: 26.2 miles
 Time: 3:01:12
 Place: 353rd
 Masters: 69th/3,877
 Starters: 16,743
 Note: 85°F at the start!
31. **Bay State Marathon:** Lowell, Massachusetts
 Date: October 17, 2004
 Distance: 26.2 miles
- Time: 2:54:00
 Place: 9th
 Finishers: 497
32. **Bluffton Low Country Distance Classic:** Bluffton, South Carolina
 Date: October 31, 2004
 Distance: 26.2 miles
 Time: 3:02:49
 Place: 1st
 Finishers: 49
33. **Tybee Marathon:** Tybee Island, Georgia
 Date: February 5, 2005
 Distance: 26.2 miles
 Time: 3:09:16
 Place: 11th
 Finishers: 273
34. **London Marathon:** London, England
 Date: April 17, 2005
 Distance: 26.2 miles
 Time: 3:02:38
 Place: 1,294th
 Finishers: 35,261
35. **Boston Marathon:** Hopkinton, Massachusetts
 Date: April 18, 2005
 Distance: 26.2 miles
 Time: 3:23:31
 Place: 2,654th
 Finishers: 17,549
36. **Tucson Marathon:** Tucson, Arizona
 Date: December 5, 2005
 Distance: 26.2 miles
 Time: 2:51:45
 Place: 18th, 3rd 40–45
 Finishers: 1,045
37. **ING Temple Marathon:** Bangkok, Thailand
 Date: March 19, 2006
 Distance: 26.2 miles

- Time: 3:27:04
Place: 20th
Finishers: 350
38. **Boston Marathon:** Hopkinton, Massachusetts
Date: April 17, 2006
Distance: 26.2 miles
Time: 3:14:38
Place: 2,876th
Finishers: 19,688
39. **Phuket Marathon:** Phuket, Thailand
Date: June 18, 2006
Distance: 26.2 miles
Time: 3:35:36
Place: 10th
Finishers: 280
Note: first westerner
40. **Pattaya Marathon:** Pattaya, Thailand
Date: July 15, 2007
Distance: 26.2 miles
Time: 3:30:09
Place: 74th
Finishers: 500
41. **Marine Corps Marathon:** Washington, DC
Date: October 28, 2007
Distance: 26.2 miles
Time: 3:02:52
Place: 218th
Age group: 17th
Finishers: 20,667
42. **Tybee Marathon:** Tybee Island, Georgia
Date: February 2, 2008
Distance: 26.2 miles
Time: 3:24:53
Place: 33rd
Finishers: 317
43. **Phuket Marathon:** Phuket, Thailand
Date: June 15, 2008
Distance: 26.2 miles
Time: 3:22:04
Place: 12th
Age group: 2nd
Finishers: 400
44. **Marine Corps Marathon:** Washington, DC
Date: October 26, 2008
Distance: 26.2 miles
Time: 4:17:51
Place: 6,368th
Finishers: 18,273
Note: Arrived at starting line late.
45. **Chiang Mai Marathon:** Chiang Mai, Thailand
Date: December 28, 2008
Distance: 26.2 miles
Time: 3:03:10
Place: 6th
Age group: 3rd
Finishers: 100
46. **Kentucky Derby Marathon:** Louisville, Kentucky
Date: April 25, 2009
Distance: 26.2 miles
Time: 3:14:02
Place: 15th
Finishers: 1,200
47. **Phuket Marathon:** Phuket, Thailand
Date: June 14, 2009
Distance: 26.2 miles
Time: 3:52:00
Place: 43th
Finishers: 301
48. **Rutledge Marathon:** Rutledge, Tennessee
Date: November 14, 2009

- Distance: 26.2 miles
Time: 3:18:28
Place: 4th
49. **Tucson Marathon:** Tucson, Arizona
Date: December 15, 2010
Distance: 26.2 miles
Time: 3:10:03
Place: 46th
Finishers: 1,246
50. **Boston Marathon:** Hopkinton, Massachusetts
Date: April 19, 2010
Distance: 26.2 miles
Time: 3:15:36
Place: 3,692nd
Finishers: 22,849
51. **Phuket Marathon:** Phuket, Thailand
Date: June 13, 2010
Distance: 26.2 miles
Time: 3:54:11
Place: 55th
Finishers: 394
52. **Baltimore Marathon:** Baltimore, Maryland
Date: October 15, 2011
Distance: 26.2 miles
Time: 3:26:07
Place: 194th
Runners: 5,000 (approximate)
53. **Khon Kaen Marathon:** Khon Kaen, Thailand
Date: January 29, 2012
Distance: 26.2 miles
Time: 3:21:14
Place: 82nd
Runners: 578
54. **Sukhothai Marathon:** Sukhothai, Thailand
Date: June 26, 2016
Distance: 26.2 miles
- Time: 3:41:00
Place: 17th
Age group: 2nd
Runners: 600 (approximate)
55. **Lampang Marathon:** Lampang, Thailand
Date: October 25, 2020
Distance: 26.2 miles
Time: 4:21:08
Place: 107th
Age group: 15/53
Runners: 387

ROAD/TRAIL RACES:

1. **New England Athletics Congress 10M Championship:** Newburyport, Massachusetts
Date: July 28, 1992
Distance: 10 miles
Time: 1:03:15
Place: 200th (approximate)
Finishers: 2,400 (approximate)
2. **Seven Sisters 12 Mile Trail Run:** Amherst, Massachusetts
Date: April 25, 1993
Distance: 12 miles
Time: 2:23:54
Place: 10th
Finishers: 111
Note: Went off course several times.
3. **Seven Sisters 12 Mile Trail Run:** Amherst, Massachusetts
Date: May 1, 1994
Distance: 12 miles
Time: 2:06:55
Place: 5th
Finishers: 135
4. **New England Half Marathon Championships:** Newport, Rhode Island
Date: September 30, 1996

- Distance: 13.1 miles
 Time: 1:22:56
 Place: 78th
 Finishers: 700 (approximate)
5. **Market Square 10K:** Portsmouth, New Hampshire
 Date: June 14, 1997
 Distance: 6.2 miles
 Time: 37:51
 Place: 54th
 Runners: 1,456
6. **Derry 16 Miler:** Derry, New Hampshire
 Date: January 25, 1998
 Distance: 16 miles
 Time: 1:54:02
 Place: 44th
 Runners: 367
7. **Mt. Washington Road Race:** Mt. Washington, New Hampshire
 Date: June 20, 1998
 Distance: 7.6 miles
 Time: 1:18:17
 Place: 41st
 Finishers: 721
8. **Armstrong Atlantic State University Homecoming 5K:** Savannah, Georgia
 Date: January 30, 1999
 Distance: 3.1 miles
 Time: 17:59
 Place: 3rd
 Finishers: ?
9. **Shamrock 5K:** Savannah, Georgia
 Date: March 12, 1999
 Distance: 3.1 miles
 Time: 17:53
 Place: 15th
 Finishers: ?
10. **Savannah Bridge Run 10K:** Savannah, Georgia
 Date: May 1, 1999
 Distance: 6.2 miles
 Time: 39:04
 Place: 24th
 Finishers: 1,591
11. **Akranes Half Marathon:** Akranes, Iceland
 Date: June 12, 1999
 Distance: 13.1 miles
 Time: 1:26:09
 Place: 4th
 Finishers: ?
12. **Armstrong Atlantic State University Homecoming 5K:** Savannah, Georgia
 Date: February 19, 2000
 Distance: 3.1 miles
 Time: 18:38
 Place: 6th
 Finishers: ?
13. **Savannah Bridge Run 10K:** Savannah, Georgia
 Date: May 6, 2000
 Distance: 6.2 miles
 Time: 39:43
 Place: 22th
 Finishers: 1,363
14. **Tybee Half Marathon:** Tybee Island, Georgia
 Date: February 3, 2001
 Distance: 13.1 miles
 Time: 1:22:23
 Place: 19th
 Finishers: 645
15. **Armstrong Atlantic State University Homecoming 5K:** Savannah, Georgia
 Date: February 10, 2001
 Distance: 3.1 miles
 Time: 18:27
 Place: 1st

16. **Shamrock 5K:** Savannah, Georgia
 Date: March 9, 2001
 Distance: 3.1 miles
 Time: 18:04
 Place: 12th
 Finishers: ?
17. **Azalea 10K:** Savannah, Georgia
 Date: March 24, 2001
 Distance: 6.2 miles
 Time: 37:46
 Place: 8th
 Finishers: ?
18. **Savannah Bridge Run 10K:** Savannah, Georgia
 Date: May 5, 2001
 Distance: 6.2 miles
 Time: 39:45
 Place: 29th
 Finishers: 993
19. **Armstrong Atlantic State University Homecoming 5K:** Savannah, Georgia
 Date: January 26, 2002
 Distance: 3.1 miles
 Time: 18:46
 Place: 2nd
 Finishers: ?
20. **Shamrock 5K:** Savannah, Georgia
 Date: March 8, 2002
 Distance: 3.1 miles
 Time: 18:46
 Place: 11th
 Finishers: ?
21. **High Mountain Institute 25K/50K:** Leadville, Colorado
 Date: July 13, 2002
 Distance: 25 kilometers
 Time: 2:23:28
 Place: 3rd (1st master)
22. **Trick or Trot 10K:** Savannah, Georgia
 Date: November 1, 2002
 Distance: 6.2 miles
 Time: 37:40
 Place: 2nd (1st master)
 Finishers: ?
23. **Savannah Bridge Run 10K:** Savannah, Georgia
 Date: December 7, 2002
 Distance: 6.2 miles
 Time: 39:37
 Place: 26th
 Finishers: 581
24. **Run for the Children 10K:** Savannah, Georgia
 Date: September 21, 2003
 Distance: 6.2 miles
 Time: 41:10
 Place: 6th (1st master)
 Finishers: 150
25. **Savannah Bridge Run 10K:** Savannah, Georgia
 Date: December 6, 2003
 Distance: 6.2 miles
 Time: 38:36
 Place: 17th (3rd Master)
 Finishers: 650
26. **Azalea 10K:** Savannah, Georgia
 Date: March 27, 2004
 Distance: 6.2 miles
 Time: 41:02
 Place: 3rd
 Finishers: ?
 Note: Made two wrong turns
27. **Governor's Cup Half Marathon:** Columbia, South Carolina
 Date: October 15, 2005
 Distance: 13.1 miles
 Time: 1:25:26
 Place: 12th (1st in division, 2nd master)
 Finishers: 800 (approximate)

28. **Skidaway Institute of Oceanography 10K:**
 Skidaway Island, Georgia
 Date: October 22, 2005
 Distance: 6.2 miles
 Time: 39:47
 Place: 3rd (1st master)
 Finishers: 100 (approximate)
 Note: Extremely humid.
29. **Eastern States 20 Miler:**
 Kittery, Maine
 Date: March 29, 2009
 Distance: 20 miles
 Time: 2:22:06
 Place: 55th
 Finishers: 573
30. **Annapolis 10 Miler:**
 Annapolis, Maryland
 Date: August 29, 2010
 Distance: 10 miles
 Time: 1:10:27
 Place: 175th
 Finishers: 4,581
31. **Doi Suthep 11K:**
 Chiang Mai, Thailand
 Date: February 5, 2012
 Distance: 11 kilometers
 Time: 54:15
 Place: 25th (approximate)
 Finishers: 500 (approximate)
32. **Phuket Mini-Marathon 11.4K:**
 Phuket, Thailand
 Date: May 12, 2013
 Distance: 11.4 kilometers
 Time: 1:26
 Place: ?
 Finishers: 700 (approximate)
33. **Phayao Lake 26K:**
 Phayao, Thailand
 Date: May 29, 2016
 Distance: 26.1 kilometers
 Time: 2:09:15
 Age group 50–59: 7th of 101
 Place: 73rd
 Runners: 1,001
34. **TuphaLap Half Marathon:**
 San Kamphaeng, Thailand
 Date: July 24, 2016
 Distance: 21.5 kilometers (13.33 miles)
 Time: 1:42:46
 Age group 50–59: 6th
 Place: 25th (approximate)
 Runners: 250 (approximate)
35. **Udon Thani Half Marathon:**
 Udon Thani, Thailand
 Date: May 7, 2017
 Distance: 21.1 kilometers (13.1 miles)
 Time: 1:43:30
 Place: 42nd
 Runners: 420
36. **Run for Heart Nakornping Hospital Mini-Marathon 12K:**
 Chiang Mai, Thailand
 Date: September 17, 2017
 Distance: 12.8 kilometers
 Time: 1:17:00
 Place: 400th (approximate, pacing Kig)
 Finishers: about 2,500
37. **Follow King Number 9:**
 Udon Thani, Thailand
 Date: October 8, 2017
 Distance: 9.9 kilometers
 Time: 57:15
 Place: about 300th (pacing Kig)
 Finishers: about 3,500
38. **Lanna Half Marathon:**
 Chiang Mai, Thailand
 Date: November 19, 2017
 Distance: 21.1 kilometers
 Time: 2:11:12
 Note: Pacing Kig

39. Chiang Mai Half Marathon:

Chiang Mai, Thailand
 Date: December 25, 2017
 Distance: 21.1 kilometers
 Time: 1:43:12
 Place: 69th
 Finishers: 1,978
 Note: Faded

40. Asia Justice Half Marathon:

Chiang Mai, Thailand
 Date: December 9, 2018
 Distance: 21.1 kilometers
 Time: 1:47:14
 Place: 10th
 Finishers: 200 (approximate)

BIATHLONS/TRIATHLONS:

A few quick facts:

- Best splits in the half Ironman:
 Swim: 25:00
 Bike: 2:43:36
 Run: 1:23:41
- Best splits in the Ironman:
 Swim: 54:14
 Bike: 5:18:02
 Run: 3:52:36
- Top finishes:
 - 5th place Wildman, 1997
 - 14th overall Tupper Lake Tinman (half Ironman distance), 1997
 - 5th place Espirit Triathlon (Ironman distance), 2001
 - 1st place age group Chesapeake Man Endurance Festival (now Ironman Maryland), 2011
 - 1st place swim age group Ironman Taiwan, 2016
 - 1st place bike age group Ironman Taiwan, 2016

- 5th place overall age group Ironman Taiwan, 2016
- 1st place age group Swissman Extreme (Ironman distance), 2017
- 1st place age group swim, Laguna Phuket Triathlon, 2020
- 1st place age group bike, Laguna Phuket Triathlon, 2020
- 1st place age group overall, Laguna Phuket Triathlon, 2020

1. Black Hills Triathlon: Olympia, Washington

Date: August 1988
 Distances: 1 mile swim, 58 mile bike, 13.1 mile run
 Time: 4:51:00
 Swim split: 25:00, Bike split: 2:55:00, Run split: 1:30
 Place: 40th
 Finishers: 220 (approximate)

2. Bay State Triathlon: Medford, Massachusetts

Date: August 13, 1990
 Distances: 1.2 mile swim, 42 mile bike, 10 mile run
 Time: 3:30:09
 Swim split: 27:48, Bike split: 1:53:14, Run split: 1:08:27
 Age group: 22nd
 Finishers: 118 (age group)

3. Ironman Canada: Penticton, British Columbia, Canada

Date: August 26, 1990
 Distances: 2.4 mile swim, 112 mile bike, 26.2 mile run
 Time: 11:05:01
 Swim split: 58:32, Bike split: 6:03:13 (both transitions), Run split: 4:03:16
 Place: 209th
 Finishers: 854
 Note: Bike crash at 10 miles, damaged both wheels.

4. **Endurance Triathlon:** Sunapee, New Hampshire
Date: September 9, 1991
Distances: 2.4 mile swim, 112 mile bike, 26.2 mile run
Time: 11:19:12
Swim split: 54:14, Bike split: 6:02:37, Run split: 4:16:52
Place: 33rd
Finishers: 188 (approximate)
Note: Went off course in the run and ran approximately 2.5 extra miles.
5. **Ironman Canada:** Penticton, British Columbia, Canada
Date: August 28, 1994
Distances: 2.4 mile swim, 112 mile bike, 26.2 mile run
Time: 10:33:42
Swim split: 59:41, Bike split: 5:41:25 (both transitions), Run split: 3:52:36
Place: 173th
Finishers: 1,200 (approximate)
6. **Tupper Lake Tinman Triathlon:** Tupper Lake, New York
Date: July 19, 1997
Distances: 1.2 mile swim, 56 mile bike, 13.1 mile run
Time: 4:45:05
Swim split: 31:23, Bike split: 2:50:01 (both transitions), Run split: 1:23:41
Place: 14th
Finishers: 141
7. **Wildman Biathlon:** Shelburne, New Hampshire
Date: August 9, 1997
Distances: 6.2 mile run, 22.3 mile bike, 3 mile run
Time: 2:32:00
Run split: 39:00, Bike split: 1:11:00, Run split: 42:00
Place: 5th
Finishers: 67
8. **New England Triathlon Festival:** Sunapee, New Hampshire
Date: August 23, 1997
Distances: 1 mile swim, 44 mile bike, 9 mile run
Time: 3:30:05
Swim split: 23:30, Bike split: 2:07:41 (both transitions), Run split: 58:55
Place: 80th
Finishers: 552
9. **Greater Floridian Triathlon:** Clermont, Florida
Date: October 24, 1998
Distances: 2.4 mile swim, 112 mile bike, 26.2 mile run
Time: 11:10:49
Swim split: 1:03:31, Transition: 5:11, Bike split: 5:42:36, Transition: 4:58, Run split: 4:14:36
Place: 95th
Finishers: 915
10. **Greater Floridian Triathlon:** Clermont, Florida
Date: October 23, 1999
Distances: 2.4 mile swim, 112 mile bike, 26.2 mile run
Time: 11:37:37
Swim split: 1:07:07, Transition: 8:02, Bike split: 6:22:41, Transition: 4:24, Run split: 3:55:24
Place: 74th
Finishers: 600
11. **Sea-to-Summit Triathlon:** New Castle Island to Mount Washington, New Hampshire
Date: July 29, 2000
Distances: 12 mile kayak, 90 mile bike, 8.5 mile run
Time: 9:27:51
Kayak split: 2:00:58, Bike split (includes both transitions): 5:00:00, Run split: 2:26:53

- Place: 11th
Entrants: 33
12. **Esprit Triathlon:** Montreal, Canada
Date: September 8, 2001
Distances: 2.4 mile swim, 112 mile bike, 26.2 mile run
Time: 10:53:25
Swim split: 1:03:23, Bike split: 5:18:02, Run split: 4:25:34
Place: 6th
Finishers: 55
Note: heat index in the 100's
13. **Ironman Arizona:** Tempe, Arizona
Date: November 23, 2008
Distances: 2.4 mile swim, 112 mile bike, 26.2 mile run
Time: DNF
Swim split: 1:11:29, Bike split: 5:41:35, Run split: DNF
Note: dropped out 18 miles into run with bad leg cramps.
14. **Pumpkin Man Triathlon:** South Berwick, Maine
Date: September 12, 2010
Distances: 1.2 mile swim, 56 mile bike, 13.1 mile run
Time: 5:06:39
Swim split: 31:31, 1:29 hill climb run, 4:31 transition, Bike split: 2:43:36, 2:06 transition, Run split 1:44:54
Place: 84th
Finishers: 349
15. **Ironman Louisville:** Louisville, Kentucky
Date: August 28, 2011
Distances: 2.4 mile swim, 112 mile bike, 26.2 mile run
Time: 12:21:24
Swim split: 1:05:30, Bike split: 5:44:36, Run split: 5:14:12
Place: 755
Competitors: 2,437
16. **Chesapeake Man Endurance Festival:** Cambridge, Maryland
Date: September 24, 2011
Distances: 2.4 mile swim, 112 mile bike, 26.2 mile run
Time: 11:15:29
Swim split: 1:10:23, 6:40 transition, Bike split: 5:32:50, 5:56 transition, Run split: 4:19:41
Age group: 1st
Place: 33rd
Racers: 218
17. **Ironman Taiwan:** Penghu Islands, Taiwan
Date: October 2, 2016
Distances: 2.4 mile swim, 112 mile bike, 26.2 mile run
Time: 13:59:14
Swim split: 1:02:13, Bike split: 5:48:41, Run split: 6:51:41, Transitions: 16:37
Age group: 1st (swim), 1st (bike), 5th overall
Place: 315th
Racers: 1,600
Note: heat index of 113F, legs cramping at mile 40 of the bike.
18. **Swissman Extreme Ironman:** Ascona, Switzerland
Date: June 24, 2017
Distances: 2.4 mile swim, 112 mile bike, 26.2 mile run
Climbing: approximately 17,500 feet
Time: 17:47:00 (There were seven entrants as old as me, four finished. The closest finisher was 54 minutes behind.)
Swim split: 1:04:00, Transition 1: 12:00, Bike split: 9:00:00, Transition 2: 25:00, Run split: 7:06:00
Racers: 250
Note: Shagg, Diana, and Kig did a wonderful job crewing. I had a loose headset on my bicycle and couldn't descend at high speed. There were

two accidents on the bike course, where I was significantly delayed. With 37 miles to go on the bike, I needed to carry a backpack with my running gear. I was unsupported for the remainder of the bike and until my crew caught up to me at about mile 16 of the run course.

19. **Laguna Phuket Triathlon:** Phuket, Thailand
 Date: November 22, 2020
 Distances: 1.8 kilometers swim, 51 kilometers bike, 12 kilometers run
 Time: 3:20:56
 S1 split (1.25 km ocean), run between, S2 split (.55 km lagoon): 33:51, Bike split: 1:36:47, Run split: 1:04:30, T1: 3:18, T2: 2:30
 Age group: 1st (swim), 1st (bike), 1st overall
 Place: 47th
 Finishers: 358
 Note: Technical bike course and 97F with heat index.

SWIMMING:

1. **500 PR:** Seattle, Washington
 Date: October 3, 1988
 Distance: 500 yards
 Time: 5:26
2. **1650 PR:** Seattle, Washington
 Date: October 5, 1988
 Distance: 1,650 yards
 Time: 19:27
3. **Thailand Swimathon:** Sattahip, Thailand
 Date: December 2, 2017
 Distance: 10 kilometers
 Time: 3:06:50
 Age group (40 and older): 3rd
 Place: 12th
 Racers: 146

SCUBA DIVING:

1. Certifications:

- PADI Dive Instructor
- PADI Specialist Instructor as Oxygen Provider
- PADI Specialist Instructor for Project Aware
- PADI Specialist Instructor for Project Aware: Coral Reef
- PADI Specialist Instructor for Peak Performance Buoyancy
- PADI Specialist Instructor for Nitrox
- Emergency First Responder
- Instructor for Emergency First Responder
- NAUI Dive Master
- SSI Master Diver
- SSI Rescue Diver
- SSI Advanced Open Water Diver
- SSI Deep Diving
- SSI Underwater Navigation
- SSI Nitrox
- SSI Underwater Photography
- PADI Wreck Diver
- PADI Open Water

2. Diving/snorkeling locations:

- Africa
 - Egypt (Sharm El Sheik)
 - Reunion Island
 - South Africa
- Asia
 - Bahrain

- Georgia
- Indonesia (Bali)
- Kazakhstan
- Kyrgyzstan
- Maldives
- Oman
- Philippines (Bohol, Boracay, Cebu, Dikit, Gato, Leyte, Malapapsuca, Negros, Palawan, Panglao, Siquijor, Tubbatha)
- Sri Lanka
- Thailand (Koh Bayu, Koh Bon, Koh Chang, Koh Ha, Koh Hin Pousar, Koh Kai, Koh Klang, Koh Lanta, Koh Miang, Koh Nang Yuan, Koh Payu, Koh Ri, Koh Samui, Koh Similian, Koh Surin Nuea, Koh Surin Tai, Koh Tao, Koh Tachai, Krabi, Phuket, Similian Islands, Surin Islands)
- Turkmenistan
- Europe
 - Croatia
 - Cyprus
 - Greece
 - Italy
 - Romania
 - Switzerland
- North America
 - Antigua and Barbuda
 - Bahamas (Freeport, Nassau)
 - Barbados
 - Belize
 - Bermuda
 - California
 - Dominican Republic
 - Florida (Boynton Beach, Ginny Springs, many locations in the Keys, West Palm)
 - Grand Cayman
 - Grenada
 - Hawaii
 - Jamaica
 - Kauai
 - Maine
 - Maryland
 - Massachusetts
 - Mexico (Baja, Cancun, Cozumel, Pinto Point, Yucatan)
 - New Hampshire
 - North Carolina
 - Oregon
 - Rhode Island
 - St. Lucia
 - St. Maarten
 - St. Thomas
 - Saint Vincent and the Grenadines
 - South Carolina
 - Tobago
 - Turks and Caicos
 - US Virgin Islands
 - Virginia
 - Washington
- Oceania
 - Australia (Great Barrier Reef)
 - Chuuk (see Truk below)
 - Cook Islands
 - Federated States of Micronesia
 - Fiji
 - Guam
 - New Caledonia
 - New Zealand
 - Palau
 - Truk/Truuk: engine room penetrations on the Heian Maru, Kensho Maru, Nippo Maru, Shinkoku Maru, and Yamagiri Maru

- Vanuatu
- West Carolines
- Yap
- South America
 - Aruba
 - Bonaire
 - Brazil
 - Columbia
 - Galapagos