

**Raymond Greenlaw**  
**Athletic Résumé**

June 27, 2024

**TRIPS/EXPEDITIONS:**

1. 150+ trips of length one week or more.
2. Longest wilderness trip, 2015: 100 days, solo, unsupported thru-hike of the Continental Divide Trail (CDT).
3. Longest backpacking trip, 2019–20: 386 days, around-the-world trip to 67 countries and territories.
4. Longest cycling trip, 2020: 69 days, solo, unsupported circumnavigation of northern Thailand.

**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.

9. **Mabaruli-Solitaire MTB Challenge:**

Windhoek to Solitaire, Namibia

Date: September 24, 2022

Distance: 265 kms (164 miles)

Time: 12 hours and 24 minutes

Overall men: 8th

Note: 3 AM start.

10. **Namib Double Centuery:** Walvis

Bay to Goanikontes, Namibia

Date: October 15, 2022

Distance: 200 kms (124 miles)

Time: 9 hours and 7 minutes

Overall men: 13th

Note: 4 AM start. Rainy with a lightning storm.

11. **Le Dur, Legacy of Love:** Wind-

hoek, Namibia

Date: November 12, 2022

Distance: 526 kms (326 miles)

Climbing: 21,450 feet

Time: 9 hours and 55 minutes

Distance completed: 185 kms (115 miles)

Climbing completed: 6,000 feet

Place: DNF

Note: Rode with Anri Parker. Extremely windy conditions. The course was unmarked and with darkness approaching, I decided not to carry on alone. There was a 50-hour cutoff.

12. **Desert Dash:** Windhoek to Swapkomund, Namibia  
Date: December 9-10, 2022  
Distance: 397kms (246 miles)  
Time: 24 hours and 10 minutes and 22 seconds  
Age group: 2nd  
Overall: 95th  
Entrants: 206  
Notes: Oldest finisher. Seven crashes. Maximum speed 47 mph.

### 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: 1,208
- 200 miles: 58
- 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, Thai-land  
 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 Ratchatani, 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 Rachathani, Si Saket, Hua Chang, Non Narai, Kra-Om, Samrong Thap, Sikhornphum, Buriram, Pakhon Chai, Surin, Tha Turn, Suvannaphum, Yasothon, Amnat Chaloren, 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.

25. **Windhoek to Western Namibia Return:**

Windhoek to western Namibia return, Namibia  
 Dates: October 18 to October 22, 2023  
 Distance: 616 miles  
 Time: 5 days  
 Partner: Pierre Lambert  
 Bicycle: Trek Supercalibre

Climbing: 7,500 meters

Notes: Using a route via Okahanja, Wilhemstahl, Omaruru, Uis, Henties Bay, Walvis Bay, Donkerhoek, and Windhoek. Overnights in Omaruru, Henties, Walvis, and Donkerhoek. Unsupported. Crossed the Namib Desert during the daytime in extreme heat. Very limited resupply. Resupplied in all these places and Swakopmund, Harmonie (water only), and Pierre's farm. High temperature of 47C. Biggest day of 153 miles.

26. **Chiang Mai to Bueng Gan to Laos**

**Return:** Chiang Mai to Bueng Gan, Thailand to Laos Return

Dates: February 13 to March 4, 2024

Distance: 1,552 miles (2,503 kilometers)

Climbing: 51,457 feet (15,593 meters)

Time: 21 days

Partner: Riding to Laos from Bueng Gan and back with Kig; six days

Bicycle: Specialized Carbon Epic Mountain Bike

Notes: Supported for six days. Using a route from Chiang Mai, Lamphun, Lampang, Den Chai, Phrae, Uttaradit, Phitsanulok, Chat Trakan, Nakorn Thai, Dan Sai, Loei, Tha Li, Chiang Khan, Pak Chom, Sang Kom, Sri Chiang Mai, Tha Bo, Nong Khai, Rattanawapi, Pak Khat, Jerlong Sawan, Pak Khat, Bueng Gan, Ban Phaeng, Nakhon Pathom, Border Crossing into Laos at Third Friendship Bridge at Ban Hom, Choot Song, Phonsy, Thabok, Border Crossing into Thailand at First Friendship Bridge at Na Lang, Nong Khai, Rattanawapi, Pak Khat, Bueng Gan, Jerlong Sawan, Fao Rai, So Phi Sai, Fao Rai, Bang Dung, Udon Thani, Nong Bua Lampun, Si Bung Ruang, Si Chompu, Chum Phae, Khon Kaen,

Khon San, Chaiyaphum, Nam Ngao, Petchabun, Khao Kor, Lom Sak, Yaong, Phitsanulok, Nakorn Thai, Chat Trakan, Thong Saen Kan, Nam Khai, Nam Pat, Nam Khai, Uttaradit, Phrae, Long, Lampang, Lamphun, and Chiang Mai. Nine centuries. High temperature of 46C. Biggest day of 129 miles. Biggest climbing day 7,877 feet (2,387 meters). Four rest days. Averaged 95 miles per day when riding.

**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
  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  
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.
  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:** Landmannalau-gar, 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 586 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):** Valenica, 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 Nakorping 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)

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

**BIATHLONS/TRIATHLONS:**

- 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 cramp-  
 ing 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

### CANOEING, KAYAKING, AND RAFTING (selected):

1. Canoeed in 75+ different rivers, lakes, and ponds in northern New England.
2. Canoeed the Wood River in Rhode Island, 15+ trips.
3. Canoeed the Amazon River in Columbia.
4. Canoeed the Palmer River in Massachusetts, 5+ trips.
5. Canoeed the Lamprey River in New Hampshire, 15+ trips.

6. Canoeed the Orange River on the border of Namibia and South Africa.
7. Canoeed in Georgia's coastal islands.
8. Canoeed the Green and Colorado Rivers, 150 miles.
9. Canoeed the Savannah River in Georgia.
10. Canoeed the Zambezi River in Zambia.
11. Canoeed the Okefenokee Swamp in Georgia, 5 trips.
12. Kayaked the Zambezi River on the border of Angola and Namibia.
13. Sea kayaked in Thailand.
14. Sea kayaked in Vanuatu.
15. Kayaked in the Piscataqua River on the border of New Hampshire and Maine.
16. Kayaked in numerous of Georgia's coastal islands.
17. Kayaked in Truuk Lagoon in the Federated States of Micronesia.
18. Sea kayaked in many Carribean Islands.
19. Rafted on the Snoqualimie River in Washington State.
20. Rafted on the Skykomish River in Washington State.
21. Rafted on the Kicking Horse River in British Columiba.
22. Rafted on the Arkansas River in Colorado through Royal Gorge.
23. Rafted on the Pacuare River in Costa River.
24. Rafted on the Ping River in Thailand.

25. Rafted on the Alagnak River in Alaska, one week.

## **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/swimming locations:**

- Africa
  - Comoros
  - Egypt (Sharm El Sheik)



- Equatorial Guinea
- Madagascar
- Malawi
- Mauritius
- Mozambique
- Namibia
- Reunion Island
- Seychelles (Mahé and Praslin)
- 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 (Hin Daeng, Hin Muang, Hin Raap, Koh Bayu, Koh Bida, Koh Bon, Koh Chang, Kho Chi, Koh Dokmai, 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