

RUN THE ROCK COURSE RECORDS

Men's Marathon

Ethan Dwyer (2008)	3:39.25
Peter Svenning (2011)	3:41.11
Hans Metzler (2007)	3:48.12

Women's Marathon

Jane Lanford (2010)	3:45.45
Crystal Hudak (2007)	4:02:27
Bonni Brooks (2010)	4:46.38

Men's Half Marathon

Derek Deal (2011)	1:24.29
Trevor Dunbar (2007)	1:25.07
Chad Pysher (2008)	1:25.54

Women's Half Marathon

Sally Skimin (2011)	1:33.41
Sally Skimin (2010)	1:34.02
Sarah Rohrer (2010)	1:36.02

Men's 10 Kilometer

Jon Levan (2011)	40.38
Anu Parakh (2010)	41.10
Colin Barraugh (2010)	45.07

Women's 10 Kilometer

Michelle Parakh (2010)	44.50
Adriane Horn (2011)	45.05
Meg Inokoma (2010)	45.20

Men's 5 Kilometer

Levi Thomet (2011)	16.53
Julian McCarthy (2011)	17.31
Derrek Deal (2010)	17.38

Women's 5 Kilometer

Jaymi Bethea (2010)	18.51
Sarah Ng (2010)	21.15
Sarah Ng (2011)	21.39