

**2025 Women's USMS Long Distance All Americans**

<b>Event</b>	<b>Age Group</b>	<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Club</b>	<b>USMS Number</b>	<b>Time or</b>	<b>USMS Record</b>
2 mile Cable	25-29	Emilie Claire	Schneider	26	CRUZ	3853-AF915	58:20.83	
2 mile Cable	30-34	Jamie	Christy	30	DYNA	455J-ZFAZR	44:07.37	
2 mile Cable	35-39	Heather	Mohorn	38	IM	2150-07AKS	45:46.05	
2 mile Cable	40-44	Vesna	Shelnutt	40	GAJA	456S-9HND5	44:33.17	
2 mile Cable	45-49	Erin	King	45	NERD	1259-VTDG1	52:52.34	
2 mile Cable	50-54	Tara	Mack	53	NEM	0254-033P8	50:41.00	
2 mile Cable	55-59	Heidi	Williams	56	NCMS	1356-022YV	49:32.99	
2 mile Cable	60-64	Charlotte	Hollings	61	VMST	125E-02JDH	47:49.85	
2 mile Cable	65-69	Laurie	Alioto	67	WISC	2058-01R8P	50:01.28	
2 mile Cable	70-74	Shirley	Loftus-Charley	74	CM-Y	1261-WATER	52:42.83	
2 mile Cable	75-79	Joanne	Menard	77	MMAC	4861-02F1Y	1:10:33.71	
Sprint Distance OW	18-24	Katherine	Vazhenin	22	DYNA	455J-AAU3C	39:11.00	
Sprint Distance OW	25-29	Bryanna	Lacey	28	SFTL	505F-4B29A	24:29.00	
Sprint Distance OW	30-34	Rachel	Reynolds	34	NEM	025G-09NDS	23:03.00	
Sprint Distance OW	35-39	Claire	Thomas	39	NEM	0256-JWFYZ	21:14.00	
Sprint Distance OW	40-44	Sara	McLarty	42	SLAP	145N-07J4H	21:14.00	
Sprint Distance OW	45-49	Stacey	Kiefer	47	OREG	375N-01RAS	22:37.00	
Sprint Distance OW	50-54	Kristen	Gross	51	SLAM	225X-0020W	24:13.00	
Sprint Distance OW	55-59	Courtney	Chubb	56	SPM	146H-002P7	22:22.00	
Sprint Distance OW	60-64	Kimberly	Elsbach	62	GFDM	3863-DONUT	22:17.00	
Sprint Distance OW	65-69	Zena	Courtney	66	MELB	145D-02M3K	23:53.00	
Sprint Distance OW	70-74	Nancy	Steadman Martin	71	GSM	075T-01Y2C	22:48.00	
Sprint Distance OW	75-79	Joanne	Menard	77	MMAC	4861-02F1Y	31:34.00	
Sprint Distance OW	80-84	Susan	Meyers	83	SHARK	145P-02ACV	0:41:37.00	
Long Distance OW	25-29	Macarena	Martin Mayor	27	SPM	1453-V99EX	22:53.00	
Long Distance OW	30-34	Rachel	Reynolds	34	NEM	025G-09NDS	1:28:26.00	
Long Distance OW	35-39	Claire	Thomas	39	NEM	0256-JWFYZ	1:14:35.00	
Long Distance OW	40-44	Sandra	Frimerman-Bergquist	42	PBM	505U-04TAE	1:18:44.00	
Long Distance OW	45-49	Brooke	Bennett	45	CAM	1454-34T00	1:14:11.00	
Long Distance OW	50-54	Alison	Hayden	54	SPM	145X-045GD	1:17:44.00	
Long Distance OW	55-59	Carrie	Stolar	58	MINN	305S-025C1	1:22:14.00	
Long Distance OW	60-64	Kimberly	Elsbach	62	GFDM	3863-DONUT	1:18:44.00	
Long Distance OW	65-69	Karen	Einsidler	69	SHARK	1464-01S73	1:28:24.00	
Long Distance OW	70-74	Nancy	Steadman Martin	71	GSM	075T-01Y2C	1:24:37.00	
Long Distance OW	75-79	Joanne	Menard	77	MMAC	4861-02F1Y	1:54:59.00	
Ultra Maraathon Distance OW	18-24	Eleanor	Smith	18	UC36	365Y-VMCZW	38:01.00	
Ultra Maraathon Distance OW	25-29	Addie	Paige	25	UC36	365F-134EG	4:25:00.70	
Ultra Maraathon Distance OW	30-34	Emma	Gaulke-Janowski	33	UC36	365S-TU1E3	4:51:37.00	
Ultra Maraathon Distance OW	35-39	Denise	Simens	38	UC37	3657-GEK81	4:43:23.20	
Ultra Maraathon Distance OW	40-44	Leksi	Weldon-Linne	42	UC38	385B-6PGZD	5:28:46.30	
Ultra Maraathon Distance OW	45-49	Erin	Tyler	46	OREG	3755-05GXR	5:13:57.80	
Ultra Maraathon Distance OW	50-54	Amy	Fischer	50	CLOV	385J-03WDD	5:00:39.60	
Ultra Maraathon Distance OW	55-59	Heidi	Williams	56	NCMS	1356-022YV	4:40:25.50	
Ultra Maraathon Distance OW	60-64	Janet	Goodridge	63	IM	215R-0A114	5:12:30.20	
1 Hour Virtual	18-24	Anna	Lee	24	OREG	375N-JRXGD	5,040	
1 Hour Virtual	25-29	Cathy	Teng	25	MELO	3857-GA9YA	4,725	
1 Hour Virtual	30-34	Ilsa	Feierabend	33	OREG	3723-69VC2	4,785	
1 Hour Virtual	35-39	Claire	Thomas	39	NEM	0256-JWFYZ	5,020	
1 Hour Virtual	40-44	Brittany	Butcher	40	NEM	025R-0BAUT	5,155	
1 Hour Virtual	45-49	Jessica	Stokes	49	NEM	0258-033CJ	4,620	
1 Hour Virtual	50-54	Stacey	Bruce	51	PALM	555G-01HAD	4,945	
1 Hour Virtual	55-59	Courtney	Chubb	56	SPM	146H-002P7	4,830	
1 Hour Virtual	60-64	Laurie	Hug	60	1776	085W-0226X	4,825	
1 Hour Virtual	65-69	Suzanne	Heim-Bowen	67	WCM	385U-03F3T	4,625	
1 Hour Virtual	70-74	Shirley	Loftus-Charley	74	CM-Y	1261-WATER	4,390	
1 Hour Virtual	75-79	Meredith	Moore	76	T2NM	145B-01S4X	3,620	
1 Hour Virtual	80-84	Kathy	Slifer	80	NEM	025M-034JK	3,270	
1 Hour Virtual	85-89	Kristin	Norstad	87	DDSA	485T-07G39	2,400	
1 Hour Virtual	90-94	Mary	Alexandre	90	TAM	385H-03HEB	2,615	

5K Virtual	25-29	Macarena	Martin Mayor	27	SPM	1453-V99EX	17:20.13	
5K Virtual	30-34	Erin	Short	34	UC21	215M-VTX84	1:08:37.99	
5K Virtual	35-39	Heather	Mohorn	38	IM	2150-07AKS	1:05:33.99	
5K Virtual	40-44	Amy	Charley	40	TPIT	1152-061BG	1:14:05.59	
5K Virtual	45-49	Katie	Palavecino	47	ALEX	1051-037H5	1:20:18.00	
5K Virtual	50-54	Tara	Mack	53	NEM	0254-033P8	1:14:52.50	
5K Virtual	55-59	Anne	Cappola	56	1776	086D-022E0	1:13:40.53	
5K Virtual	60-64	Kimberly	Elsbach	62	GFDM	3863-DONUT	1:12:51.70	
5K Virtual	65-69	Karen	Einsidler	69	SHARK	1464-01S73	1:19:18.48	
5K Virtual	70-74	Shirley	Loftus-Charley	74	CM-Y	1261-WATER	1:19:49.86	
5K Virtual	75-79	Meredith	Moore	76	T2NM	145B-01S4X	1:45:52.01	
10K Virtual	25-29	Macarena	Martin Mayor	27	SPM	1453-V99EX	35:30.99	
10K Virtual	35-39	Heather	Mohorn	38	IM	2150-07AKS	2:13:22.99	Y
10K Virtual	40-44	Stephanie	Gibson	42	SPM	145E-H37MJ	2:40:07.99	
10K Virtual	45-49	Helene	Nehrebecki	45	DAM	386A-06JFA	2:59:34.48	
10K Virtual	50-54	Stephanie	Henry	51	IM	2157-09R25	2:38:08.83	
10K Virtual	60-64	Kimberly	Elsbach	62	GFDM	3863-DONUT	2:32:29.60	
10K Virtual	65-69	Karen	Einsidler	69	SHARK	1464-01S73	2:39:38.84	
10K Virtual	70-74	Shirley	Loftus-Charley	74	CM-Y	1261-WATER	2:47:04.28	
3000 Virtual	18-24	Susanna	Price	22	RMRM	3265-3897N	35:56.05	
3000 Virtual	25-29	Gina	Zhang	29	NCMS	136P-6E44A	37:49.12	
3000 Virtual	30-34	Rachel	Reynolds	34	NEM	025G-09NDS	38:53.78	
3000 Virtual	35-39	Nicole	O'Keeffe	38	UC02	026M-083NM	39:24.00	
3000 Virtual	40-44	Vesna	Shelnutt	40	GAJA	456S-9HND5	35:45.62	
3000 Virtual	45-49	Jessica	Stokes	49	NEM	0258-033CJ	38:07.92	
3000 Virtual	50-54	Alison	Hayden	54	SPM	145X-045GD	35:41.00	
3000 Virtual	55-59	Courtney	Chubb	56	SPM	146H-002P7	36:40.15	
3000 Virtual	60-64	Kimberly	Elsbach	62	GFDM	3863-DONUT	38:42.70	
3000 Virtual	65-69	Karen	Einsidler	69	SHARK	1464-01S73	40:43.69	
3000 Virtual	70-74	Shirley	Loftus-Charley	74	CM-Y	1261-WATER	40:56.27	
3000 Virtual	75-79	Frances	Hare	75	PBM	5064-02XHG	49:25.00	
3000 Virtual	80-84	Judy	Ziemer	81	OREG	375H-026R8	1:09:57.15	
6000 Virtual	18-24	Victoria	Chernin	22	WMST	255Y-V568N	32:28.00	
6000 Virtual	25-29	Danica	Adams	26	CTM	335D-HV10B	1:08:21.70	Y
6000 Virtual	30-34	Jacky	Merianos	34	LSM	265D-KU9SX	1:35:53.38	
6000 Virtual	35-39	Heather	Mohorn	38	IM	2150-07AKS	1:08:45.36	Y
6000 Virtual	40-44	Vesna	Shelnutt	40	GAJA	456S-9HND5	1:13:46.11	
6000 Virtual	45-49	Carrie	Smith	49	SACMA	3869-03PVX	1:26:40.05	
6000 Virtual	50-54	Suzanne	Dearworth	53	SPM	145G-027H7	1:21:32.37	
6000 Virtual	55-59	Courtney	Chubb	56	SPM	146H-002P7	1:14:12.99	
6000 Virtual	60-64	Kimberly	Elsbach	62	GFDM	3863-DONUT	1:19:15.40	
6000 Virtual	65-69	Karen	Einsidler	69	SHARK	1464-01S73	1:22:21.60	
6000 Virtual	70-74	Shirley	Loftus-Charley	74	CM-Y	1261-WATER	1:24:17.59	
6000 Virtual	75-79	Christine	Ellis	75	AAMAH	435T-V969U	2:31:46.98	
1 Mile Cable	18-24	Claire	Sullivan	23	1693	125Y-P05NB	25:10.34	
1 Mile Cable	25-29	Emilie Claire	Schneider	26	CRUZ	3853-AF915	27:01.80	
1 Mile Cable	30-34	Jamie	Christy	30	DYNA	455J-ZFAZR	21:27.89	
1 Mile Cable	35-39	Heather	Mohorn	38	IM	2150-07AKS	22:19.78	
1 Mile Cable	40-44	Vesna	Shelnutt	40	GAJA	4559-9HND5	21:36.53	Y
1 Mile Cable	45-49	Julie	Schoenlank	45	GSM	0757-02YZ2	27:43.23	
1 Mile Cable	50-54	Tara	Mack	53	NEM	0254-033P8	24:00.82	
1 Mile Cable	55-59	Heidi	Williams	56	NCMS	1356-022YV	23:50.83	
1 Mile Cable	60-64	Laurie	Hug	60	1776	085W-0226X	23:25.70	
1 Mile Cable	65-69	Laurie	Alioto	67	WISC	2058-01R8P	24:55.85	
1 Mile Cable	70-74	Shirley	Loftus-Charley	74	CM-Y	125X-WATER	25:29.32	
1 Mile Cable	75-79	Joanne	Menard	77	MMAC	485X-02F1Y	32:16.03	Y
1 Mile Cable	80-84	Mary	Pohlmann	80	SLAM	225A-02UN9	40:23.46	Y
1 Mile Cable	85-89	Luise	Easton	87	O*H*	185X-01PNS	52:06.60	Y