

## Fleet Feet Racing - Men's 5K Records

Updated: December 31, 2018

### OVERALL TOP TEN

1	Austin Weaver	14:59	Run to Feed the Hungry 09
2	Michael Styczynski	15:06	Seagate Elite 06
3	Mason Moore	15:30	Zippys 06
4	Steve Schenck	15:31	Zippy 08
5	Osamu Tada	15:40	Run to Feed the Hungry 13
5	Chad Worthen	15:50	Race for the Arts 07
7	Jeff Adkins	15:54	Banana Chase 06
7	Ryan Nickel	15:57	Zippys 05
9	Jake Gilchrist	15:58	St. Patrick's 5K 05
10	Juan Vazquez	16:01	Shamrock'n 06

### 20-24 TOP TEN

1	Michael Styczynski	15:06	Seagate Elite 06
2	Juan Vazquez	16:01	Shamrock'n 06
3	Thomas Buxton	16:06	Race for the Arts 11
4	Steven Schenck	16:11	Run to Feed 07
5	Will Blake	16:59	Zoo Zoom 13
6	Matthew Katz	17:15	Race for the Arts 11
7	Justin Lakin	17:18	Clarksburg 5K 04
8	Ryan Hoffman	17:44	Race for the Arts 03
9	Brian Cormier	18:44	No Excuses 12
10	Evan Krettek	19:25	Let's ROC 15

### 25-29 TOP TEN

1	Austin Weaver	14:59	Run to Feed the Hungry 09
2	Mason Moore	15:30	Zippys 06
3	Steve Schenck	15:31	Zippy 08
4	Ryan Nickel	15:57	Zippys 05
5	Jake Gilchrist	15:58	St. Patrick's 5K 05
6	Cody Lemons	16:20	Run to Feed the Hungry 14
7	Joe Viglienzoni	16:33	No Excuses 2016
8	Phillip Jenkins	16:36	No Excuses 09
9	Jon Brickner	16:41	Davis Stampede 04
10	Roheem Moore	16:41	Zoo Zoom 08

### 30-34 TOP TEN

1	Mike Styczynski	15:26	Super Sunday Run 2016
2	Osamu Tada	15:40	Run to Feed the Hungry 13
3	Chad Worthen	15:50	Race for the Arts 07
4	Jake Gilchrist	15:59	Jamba Juice 05

5	Jeff Oberlatz	16:05	Run to Feed the Hungry 04
6	Jason Tackett	16:15	Zippys 05
7	Ryan Nickel	16:21	Shamrock'n 07
8	Steven Schenk	16:24	Lets ROC 2014
9	Mason Moore	16:25	Nutrition Fuels Fitness 09
10	Jason Harne	16:29	Alzheimers Memorial Run 09

#### 35-39 TOP TEN

1	Chad Worthen	15:58	Zoo Zoom 09
2	Mike Gottardi	16:14	Run to Feed the Hungry 06
3	Mike Styczynski	16:22	Let's ROC '17
4	Jason Harne	16:24	Zoo Zoom 12
5	Jeff Oberlatz	16:41	Zoo Zoom 06
6	Roger Cross	16:55	Davis Labor Day Races 11
7	Ryan Nickel	17:07	No Excuses 13
8	Todd Dooley	17:08	No Excuses 10
9	Michael Shubert	17:13	Race for the Arts 10
10	Adrian Eimerl	17:14	Buzz Oates No Excuses 5K '15

#### 40-44 TOP TEN

1	Jeff Mann	16:14	Jamba Juice 5K 05
2	Michael Fadling	16:28	Race for the Arts 12
3	Rasmus Hoeg	16:44	Run to Feed the Hungry 17
4	Chad Worthen	17:02	Run to Feed the Hungry 13
5	Michael Shubert	17:05	Zoo Zoom 12
6	Kurt Mellick	17:40	Run to Feed the Hungry 10
7	Ty Nickel	17:42	No Excuses '13
8	David Mastro	17:46	Clarksburg '16
9	Bill Whipple	17:47	No Excuses 09
10	Jeff Oberlatz	17:47	Race for the Arts 11

#### 45-49 TOP TEN

1	Jeff Adkins	15:54	Banana Chase 06
2	Michael Fadling	16:26	Urban Cow 13
3	Mike Houar	16:41	Run to Feed the Hungry 04
4	Roger Cross	16:55	Davis Labor Day Races 11
5	David Mastro	17:10	Buzz Oates No Excuses '17
6	Michael Shubert	17:21	Super Sunday 5K 2017
7	Steve Kollars	17:21	Run to Feed the Hungry 05
8	David White	17:24	Race for the Cure 04
9	Kurt Mellick	17:32	Run to Feed the Hungry 13
10	Bobby Carpenter	17:41	On the Bay 04

50-54 TOP TEN

1	Mike Houar	17:06	Mozart Mile 5k 06
2	Bobby Carpenter	17:31	Race for the Arts 06
3	Terry Baucom	17:54	No Excuses 09
4	Gary Camp	18:15	Run to Feed the Hungry 06
5	Ernie Felix	18:22	No Excuses 2016
6	Randy Sturgeon	18:31	Run Against Pain 03
7	Rich Govi	18:43	Run Against Pain 04
8	David White	18:43	Race for the Arts 10
9	Kurt Mellick	18:55	No Excuses 2018
10	Steve Hall	19:06	Race for the Arts 03

55-59 TOP TEN

1	Terry Baucom	17:51	Run to Feed the Hungry 13
2	Bobby Carpenter	18:11	Alzheimers Memorial Run 10
3	Gary Camp	18:34	No Excuses 10
4	Mike Houar	18:35	Bidwell Classic 11
5	Dave Lopez	19:50	9/11 Run To Remember 16
6	Hal Tacker	19:51	No Excuses 10
7	David Yanez	19:59	Zoo Zoom 17
8	Bob Paredes	20:29	Fab 40s 5k
9	Don Ford	20:51	No Excuses 08
10	Ted Calvert	21:17	Run to Feed the Hungry 18

60-64 TOP TEN

1	Terry Baucom	18:02	Super Sunday 5K 2017
2	Sal Vasquez	18:56	Spring Stride for the Children 03
3	Steve Yee	19:40	9/11 Run To Remember 16
4	Tim Jordan	20:06	Davis Stampede 04
5	Dan Alarid	20:23	Run to Feed the Hungry 03
6	Brian Smith	21:37	Zoo Zoom 10
7	Gary Camp	21:55	Run to Feed the Hungry 17
8	Don Wilkison	22:13	Elk Grove Classic 03
9	Bill Phillips	23:36	Run to Feed the Hungry 09
10	Don Ford	24:03	Urban Cow 11

65-69 TOP TEN

1	Steve Yee	20:48	Let's ROC 2018
2	Brian Smith	21:55	Race for the arts 2014
3	Don Wilkison	23:33	Run to Feed 07
4	David Ragsdale	23:59	No Excuses 5K 05
5	Parker White	37:04	Fab 40's 2018
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70-74 TOP TEN

1	Irv Faria	22:00	Run To Feed The Hungry 04
2	Paul Flanagan	22:30	Great spear-it run 03
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75 - 79 TOP TEN

1	Irv Faria	24:19	Clarksburg 06
2	Paul Flanagan	1:08	Portland Starlight Run 07
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