



2009 Great Team Times



Great Team:

Pace Time Run Time

Runner: Rich Isaacs, MD
Physician in Chief
for Kaiser Permanente

55:41 Past Runners
 2008 Pace: 37:00 Patrick Mc Neil
 2007 Pace: 39:28 Mike Ammon
 2006 Pace: 45:05 Meredith Bean
 2005 Pace: 44:30 Will Kempton
 2004 Pace: 43:22 Dave Lucchetti
 2003 Pace: 43:38 Gary Pruitt

Biker: Lea Brooks
Of Rancho Cordova

34:58 1:30:39 Past Bikers
 2008 Pace: 34:47 2008: 1:11:35 Harold Alves
 2007 Pace: 30:45 2007: 1:10:13 Blair Robertson
 2006 Pace: 36:40 2006: 1:21:37 Stephen Boutin
 2005 Pace: 34:16 2005: 1:18:45 Jot Condit
 2004 Pace: 28:41 2004: 1:12:03 Eric Heiden, MD
 2003 Pace: 35:10 2003: 1:18:48 Ron Suter

Paddler: Guy Cable
Of Sierra Outdoor Center

42:57 2:13:36 Past Paddlers
 2008 Pace: 45:02 2008: 1:56:35 Frank Whittaker
 2007 Pace: 42:33 2007: 1:52:45 Bob Hanna
 2006 Pace: 42:32 2006: 2:04:37 Meredith Wharton
 2005 Pace: 41:08 2005: 2:02:37 Bob Hanna
 2004 Pace: 49:34 2004: 2:02:37 Eppie Johnson
 2003 Pace: 47:34 2003: 2:06:50 Eppie Johnson
 2002: 2:13:55





2009 Great Iron Times



Ironwoman:

Cathie Simonsen
of El Dorado Hills

Past Ironwomen

2008—Lelani Alves
2007—Deirdre Fitzpatrick
2006—Jennifer Whitney
2005—Lynne Ruddell
2004—Jennifer Whitney
2003—Deirdre Fitzpatrick

Run_49:25__
2008 Pace: 51:12
2007 Pace: 45:39
2006 Pace: 46:39
2005 Pace: 53:21
2004 Pace: 49:02
2003 Pace: 48:19

Bike_36:50__ 1:26:15__
2008 Pace: 37:51 2008: 1:29:03
2007 Pace: 43:17 2007: 1:28:55
2006 Pace: 40:58 2006: 1:27:38
2005 Pace: 37:16 2005: 1:30:45
2004 Pace: 42:38 2004: 1:31:40
2003 Pace: 40:05 2003: 1:28:24

Paddle_40:23__ 2:06:39__
2008 Pace: 52:45 2008: 2:21:49 Lelani
2007 Pace: 58:18 2007: 2:27:13 Deirdre
2006 Pace: 52:19 2006: 2:19:56 Jennifer
2005 Pace: 43:16 2005: 2:14:00 Lynne
2004 Pace: 48:49 2004: 2:20:29 Jennifer
2003 Pace: 50:49 2003: 2:19:13 Deirdre
2002: 2:21:44

Ironman:

Angel Cardenas
of News 10

Past Ironmen

2008— Brian Hickey
2007— Rick Braziel
2006—Jon Thomas
2005—Pat Hambright
2004—Jeff Holden
2003—Charlie Willard

Run_42:55__
2008 Pace: 47:29
2007 Pace: 41:59
2006 Pace: 46:46
2005 Pace: 39:15
2004 Pace: 45:44
2003 Pace: 49:35

Bike_39:16__ 1:22:11__
2008 Pace: 34:19 2008: 1:21:47
2007 Pace: 32:42 2007: 1:14:42
2006 Pace: 38:42 2006: 1:25:38
2005 Pace: 32:16 2005: 1:11:26
2004 Pace: 33:17 2004: 1:19:01
2003 Pace: 37:12 2003: 1:26:47

Paddle_54:28__ 2:16:39__
2008 Pace: 47:14 2007: 2:09:00 Brian
2007 Pace: 47:31 2007: 2:02:12 Rick
2006 Pace: 44:36 2006: 2:10:14 Jon
2005 Pace: 50:11 2005: 2:01:04 Pat
2004 Pace: 49:39 2004: 2:08:31 Jeff
2003 Pace: 42:38 2003: 2:09:24 Charlie
2002: 2:18:30

