



# 1 Hour Run Championships

Held in conjunction with the McKenzie River Trail Run 50K



## 2019 Results

1. Craig Godwin - Bowerman Track Club - Age 52 - 17,215 meters (10.70 miles)  
USATF Oregon M50-54 Champion  
**En Route American Record - 15,000m - Men 50 to 54 Age Group - 51:59.2  
(Old record 52:15.9, Godwin 2017)**
2. Thomas Kreuzpeintner - Unattached - Age 54 - 15,309 meters (9.51 miles)
3. Peter Fox - Oregon Track Club - Age 42 - 13,407 meters (8.33 miles)
4. Mercy Ray - Red Rock - Age 37 - 12,861 meters (7.99 miles)
5. Suzanne Ray - Team Red Lizard - 12,850 meters (7.98 miles)  
USATF Oregon W65-69 Champion  
**American Record - 1 Hour - Women 65 to 69 (Old record 11,795m, Judy Lemaire 2017)**
6. Charlene Fox - Oregon Track Club - Age 56 - 12,493 meters (7.76 miles)  
USATF Oregon W55-59 Champion
7. Miriam Udosenata - Unattached - DNS (Did not start)

## [Pre-Race Press Release](#)

### Event

Saturday, September 7, 2019, 3:00 PM

Run as many laps as you can in one hour!

For potential record setters only, official splits may be taken at 15,000m and 10 miles if those distances are passed in less than one hour.

### Location

McKenzie River Community Track and Field  
51326 Blue River Drive (1/4 mile east of McKenzie Schools)  
Blue River, Oregon

This beautiful facility is located 40 miles east of Eugene and Hwy 126. [Track Map](#)

For local lodging and options see [Local Accommodations](#)

There is free camping (first come, first server) at the track Friday and Saturday night! There will also be food carts and live music at the track as part of the McKenzie River Trail Run 50K post-race festivities.

### Registration

[Online Registration](#)

[Entry List - Registration Status](#)

The registration deadline is 5:00 PM on Thursday, September 5, 2019. There is no late or race day entry!

You will need to be a USATF Oregon member to be eligible for championship awards. If you are not a USATF member, [join here](#).

Competitors must bring their own volunteer to act as a lap counter. If you are unable to supply a lap counter, please contact Craig at (541) 359-9176 or email [coach@fasterrunning.com](mailto:coach@fasterrunning.com) and we will try to find you one.

### American Records

We are expecting masters American record attempts in this race. For records to count en route at the 15,000m and 10 mile distances, the competitor must go on to complete the entire 1 hour race. To set a record at 15,000m or 10 miles, those distances must be completed in less than 1 hour.

**If you will be attempting to set a record, you must contact us so we can setup additional timing and discuss additional requirements with you. Please call Craig at (541) 359-9176 or email [coach@fasterrunning.com](mailto:coach@fasterrunning.com)**

Current 1 hour records as of 6/26/2019:

#### Men

Division	Performance	Name	Location	Date
Open	20,547 m	Bill Rodgers	Boston, MA	1977-Aug-09
40-44	18,586 m	Earl Owens	Decatur, GA	1993-Feb-06
45-49	17,906 m	Hal Higdon	Michigan City, IN	1979-Jun-25
50-54	17,314 m	Peter Mundle	Los Angeles, CA	1978-Oct-01
55-59	16,802 m	Jim O'Neil	San Diego, CA	1981-Aug-04
60-64	16,277 m	Clive Davies	Portland, OR	1976-Aug-07
65-69	15,036 m	Norman Bright	Seattle, WA	1975-Jun-13
70-74	13,908 m	William Andberg	Brookings, SD	1981-Oct-04
75-79	13,181 m	Lou Gregory	Ft. Walton Beach, FL	1977-Dec-17
80-84	12,130 m	Paul Spangler	San Luis Obispo, CA	1980-Nov-01
85-89	10,087 m	Paul Spangler	San Luis Obispo, CA	1984-Nov-18
90-94	6,248 m	Lou Peters	Lynn, MA	2015-Aug-15

#### Women

Division	Performance	Name	Location	Date
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Open	16,632 m	Katie Misuraca	Lynn, MA	2015-Aug-14
40-44	16,074 m	Regina Loiacano	Lynn, MA	2015-Aug-14
45-49	15,728 m	Sheri Piers	Lynn, MA	2018-Sep-23
50-54	14,440 m	Jennifer Rapaport	Lynn, MA	2014-Aug-11
55-59	13,889 m	Laura Bruess	Lynn, MA	2018-Sep-23
60-64	13,075 m	Marcie Trent	Anchorage, AK	1980-Jul-12
65-69	11,795 m	Judi Lemaire	Lynn, MA	2017-Sep-30
70-74	12,110 m	Jan Holmquist	Lynn, MA	2015-Aug-14
75-79	8,683 m	Tami Graf	Alexandria, VA	2012-May-14
80-84	7,594 m	Tami Graf	Alexandria, VA	2017-May-23

### Race Information

The 1 hour race will start at 3:00 PM, which is after the conclusion of the 50K trail race allowing 50K competitors and volunteers to return to the track to watch the race.

Competitors must be USATF Oregon members to be eligible for championship awards. You must be a USATF member (from any area, does not need to be Oregon) to set American records. USATF Oregon Championships medals will be awarded by age group. If you are not a USATF member, [join here](#).

Results will be how far each athlete covered in 1 hour. Lap counters will count laps, record the approximate split time for each lap, and mark the runners position at the end of 1 hour.

Official splits will be recorded at 15,000m (37.5 laps) and 10 miles (40.25 laps) ONLY for athletes who have informed us in advance they will be attempting to set an American Record en route at those distances.

There will be substantial lapping of other runners taking place. Runners being lapped should stay to the inside. Runners doing the lapping will pass to the outside. Lap counters will record each lap and let the runners know how many laps they have completed. You must recruit your own volunteer lap counter.

There will be a water table setup on the track. Cups of water and Gatorade will be provided. Competitors may carry their own fluids, gels, etc. with them, or they may place their own bottle on the table for use during the race. It may be quite warm at 3:00 PM for the race, so please plan accordingly.

### Volunteers

We need a substantial number of volunteers to act as lap counters, handing out water, etc. We also need USATF certified officials to act as hand timers for American Record purposes. Please contact Craig at (541) 359-9176 or email [coach@fasterrunning.com](mailto:coach@fasterrunning.com) if you are willing to help. Thank you!

### Contact Information

Phone: (541) 359-9176

Email: [coach@fasterrunning.com](mailto:coach@fasterrunning.com)