

**HELENA VIGILANTE RUNNERS
TUESDAY-AT-NOON WORKOUT RECORDS
LAST UPDATED: 7-4-18**

***NOTE: Standard Aspen rests must be adhered to set or break a record.**

INDEX	BoV	DESCRIPTION	MALE RECORD (AVG TIME)	FEMALE RECORD (AVG TIME)	OTHER
1	A1	Spring Meadow "Miles"	Jodoin - 3/22/10 - 4:23		
2	A2	LeGrande "Miles"	Jodoin - 6/22/10 - 4:23	Fellenz - 6/18/13 - 5:33	
3	A3	Division	Jodoin - 9/8/09 - 1:31		Zentz - 9/22/15 - 19:14 cumulative
4	A5	Baarson	Jodoin - 10/18/11 - 48	Shumate - 7/26/11 - 64	
5	A6	West Side Stair Steps	Jodoin - 6/1/10 - 24:42 cumulative	Shumate - 5/31/11 - 28:58 cumulative	
6	A7	YMCA (Discontinued)	Jodoin - 6/23/09 - 2:49		
7	A9	Bruin Madness	Barker - 6/28/11 - 3:23	Shumate - 6/28/11 - 4:04	
8	A10	Fish Hook	Zentz - 5/1/18 - 2:24	Shumate - 5/17/11 - 2:53	
9	A12	Saber 600s	Zentz & Kaiser - multiple - 1:53	Fellenz & Basten - 8/12/14 - 2:22	Zentz (7/12/11, 8/1/17); Kaiser (7/14/15)
10	A14	Saints 880s	Zentz - 4/21/15 - 2:29	Basten - 9/9/14 - 3:06	
11	A18	East Side Folf Course	Zentz - 7/12/18 - 3:00		
12	B5	Tour de Track	Jodoin - 9/29/09 - 66.1	A. Bold - 4/28/15 - 83	
13	B7	20 Under 40	Jodoin - 8/1/09 - 30.00	Urban - 8/9/16 - 38.10	
14	C1	300 Relay (20 lap, 30 lap)	Jodoin & Zentz - 10/11/11 - 17:19 (51.9)	Urban & Stergar - 5/24/16 - 21:06 (63.3)	Kaiser & Zentz - 5/26/15 - 26:12 (52.4); Bolds - 10/9/16 - 31:58 (63.9)
15	C2	Vig Scrimmage	Jodoin - 5/26/09 - 4:25.3	Kjorstad - 5/28/13 - 5:16.11	
16	C6	Prefontaine	Smargiassi - 9/21/10 - 28:24 (20 laps)		Cowan - 5/10/11 - 45:57 (32 laps)
17	C7	5k Time Trial	Wirth - 3/23/04 - 16:20	Flynn - 7/22/14 - 20:45	