

**HELENA VIGILANTE RUNNERS**  
**TUESDAY-AT-NOON WORKOUT RECORDS / FASTEST KNOWN TIMES**  
**LAST UPDATED: 7-30-24**

**\*NOTE: Standard Aspen rests must be adhered to, in order 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	Goemann - 6/11/24 - 5:18	
3	A3	Division	Jodoin - 9/8/09 - 1:31	Sellers - 4/16/24 - 2:18	Zentz - 9/22/15 - 19:14 cumulative; Murray 4/2/19 - 20:30 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	Kaiser - 7/2/20 - 3:20	Shumate - 6/28/11 - 4:04	
8	A10	Fish Hook	Zentz - 5/1/18 - 2:24	Goemann - 4/30/24 - 2:51	
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, 7/14/20)
10	A14	Saints 880s	Kaiser - 9/22/20 - 2:26	Goemann - 5/14/23 - 2:55	
11	A18	East Side Folf Course	Kaiser - 8/25/20 - 2:51 (*adjusted)	Sellers - 7/23/24 - 3:55	*course shortened in 2024, so 3 seconds taken off
12	A21	Nature Park (6x880m)	Kaiser - 4/20/21 - 2:44		
13	A22	Fiske Field Perimeters	Pfeiffer - 8/8/23 - 2:42	Goemann - 6/25/24 - 2:55	Bradt - 8/8/23 - single interval record - 2:39
14	B5	Tour de Track	Jodoin - 9/29/09 - 66.1	Goemann - 5/7/24 - 80.9	
15	B7	20 Under 40	Jodoin - 8/1/09 - 30.00	Goemann - 7/30/24 - 35	Oldest to average "20U40": Terry Chaney (63, 7/30/24)
16	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) Goemann & Sellers - 5/21/24 - 21:06 (63.3)	Kaiser & Zentz - 10/15/19 - 26:08 (52.27); Bolds - 10/9/16 - 31:58 (63.9)
17	C2	Vig Scrimmage	Jodoin - 5/26/09 - 4:25.3	Kjorstad - 5/28/13 - 5:16.11	
18	C6	Prefontaine	Smargiassi - 9/21/10 - 28:24 (20 laps)		Cowan - 5/10/11 - 45:57 (32 laps)
19	C7	5k Time Trial	Wirth - 3/23/04 - 16:20	Flynn - 7/22/14 - 20:45	
20	C12	Modified Michigan	Behrends/Harris & Lehman - 7/16/24 - 18:22	Thiessen & Uribe/Messerli - 7/16/24 - 25:38	