

Division Records

1974 – 1982 = **1st Course** (9-mi. Bike, 4.5-mi. Paddle, 5.5-mi. Run)

1983 – 2012 = **Current Course** (5.82-mi. Run, 12. -mi. Bike, 6.3 -mi. Paddle)

The team members are all listed as Run, Bike, Paddle.

- DISC = Discontinued Division

For any challenges or additions, please call Eppie's Great Race Office at (916) 480-0270.

Ironpersons			
Division	Year	Name/Team	Time
Ironman Jr.	2012	Neilson Powles	1:47:06
Ironman 19-39	1980	Chuck Lyda : Overall 1st Course Record	1:24:01
Ironman 19-39	1991:	Don Hicks: Overall CURRENT COURSE RECORD	1:33:17
Ironman 40-49	2004	Don Hicks	1:43:14
Ironman 50-59	2009	Vic Vicari	1:43:49
Ironman 60 Plus	1990	Mike Ammon	1:45:55
Ironwoman Jr	2011	Shayna Powless	2:00:47
Ironwoman 19-39	1980	Krista Roberts: 1st Course Record	1:39:30
Ironwoman 19-39	1988	Kitty Goursole: CURRENT COURSE RECORD	1:49:47
Ironwoman 40-49	2006	Elizabeth Collins	1:57:37
Ironwoman 50-59	2003	Vickie Pell	1:57:52
Ironwoman 60+	1990	Lynn Kyme	1:56:33
Special - DISC	1976	Blind Ironman: Harry Cordelos (Guide: Gunter Hammersbach)	1:35:15
Teams			
Adaptive	1995	The Pink Dogs: Taylor Carey, Ed Hensley, Charlie Willard	1:33:39
Adaptive Crank - DISC	2001	Current Adventures Kayak: Tim Klinefelter, Garth Schmeck	1:49:34
Adapt-Other - DISC	2001	Blt's: James Tracy, Terry Bacon, Dirk Lang	2:09:08
Adaptive Push - DISC	1999	Dana Lingren, Tray Savarn, Mandy Burton, Alana Kucerova	2:12:54
Co-Ed	2012	CA Canoe & Kayak: Patrick Boivan, Nick Kersmark, Kristen Podolak	1:34:47
Corporate	1988	Morton & Pitalo Flyers: Greg Miller, Tim Imai, Vince Hayes	1:38:59
Down River - DISC	1986	Reno/Tahoe Transist: Steve Blakemore, Todd Denton, Chuck Lyda	1:36:54
Eppie's - DISC	1988	Eppie's Florin Road: Laroy Jones, Glen Harper, Samuel Borlovan	2:17:01
Eppie's - DISC	1976	Voyager Inn Tennis Club: Mitch LaMoure, Victor Spillard, Steve Dean	1:28:30
Family	1989	Kuphaldt Bro's: Harold, Joseph and Jim Kuphaldt	1:39:04
Family	1980	I'd Walk A Mile for Campbell: Gary, Rick and Craig Campbell	1:29:08
Fire Fighter/Police	2005	Sac PD Code 3: Vance Chandler, Paul Curtis, Daniel Nutley	1:47:38
INF Kayak - DISC	1990	The Rest Stop: Guy Terra, Chris Davis, Walter Weed	1:44:23
Inflatable	1995	Brookfields Bashers: Thom Peaman, Mathew Naranjo, Michael Plowman	1:46:18
Inflatables	1980	Cow Bidders: Jack Richardson, Jim Riley, Birk Winjie	1:34:29
Kayak	1987	Leonard Sperandeo, Dan Brown, John Weed	1:39:29

Juniors	1997	Benjamin Ayers, Barry Vial, John Campbell	1:33:30
Juniors	1980	BOHO-MOFO-FOSHO: Ian Jongeward, Mike Healy, Larry Guinee	1:21:40
Media - DISC	1994	The Untouchables: Mike McManus, Chris Baker, Brent Reitz	1:33:12
Media - DISC	1979	Great Team From Time Out: Gary Hawkins, TomLovering, Vladimir Boules	1:38:15
Mens 40 +	1995	Mangy Old Pink Dogs: Adam Ferriera, Rick Humphreys, John Weed	1:38:20
Mens 50 +	2008	Team Nuki: Brian Davis, Phil Blay, Bod Lambrose	1:42:16
Mens 60 +	2012	John Stoddart, Cliff Busby, Victor Hough	2:02:13
Open Canoe	2009	Rockfish Rangers: John Candenias, Kenny Lane, Mike Ammon, Steve Wilson	1:37:50
Open Men	1990	Team Boss: Shad Warren, DJ Dart, Jon Fishburn: Overall CURRENT COURSE RECORD	1:30:07
Open Men	1981	Dave Spangler, Thom Hunt, Albert Romuari: Overall 1st Course Record	1:14:34
Outrigger Canoe-1	2010	Last Minute: Erik Mencarini (31.49.6), Phil Blay (30.28.5), John Green (40.20.5)	1:42:39
Senior - DISC	1990	Bradshaws Restaurant: Sal Vasquez, Tom Regan, Pat Zinn	1:38:34
Senior - DISC	1980	B. R. C. Conspiracy: Rob Sweet, James Gape, Ralph Bowles	1:21:28
Sit On Top	2001	3 Bears: Frank Krebs, Brian Boucheus, John Crowford	1:41:02
Solo Canoe - DISC	1999	Last Minute: Leonard Sperandeo, Dan Huser, Jerry Montgomery	1:43:16
Tandem Canoe	2009	Rockfish Rangers: John Cardenas, Kenny Lane, Mike Ammon, Steve Wilson	1:37:50
Tandem Kayak	2012	Team 99: Amged Aboukhadijeh, Jason Allen, Bob Landry, Ian Rice	1:36:25
Touring Slalom	1995	Fog Bound Goose: Rob Anex, Mark Barrett, Paul Camozzi	1:36:03
Open Women	2002	Instant Replay: Midori Sperandeo, Stacy Deal, Lynne Ruddell	1:45:16
Open Women	1980	NewcomersII: Pat Ferriera, Noelle Buer, Tena Harms	1:25:12
Women 40 +	2001	Eva's Team: Bev Marx, Lea Brooks, Noelle Buer	1:54:14
Women 50 +	1980	Miss Adventures: Mary Lou Gaval, Carol Malcom, Carolyn Wolsey	1:40:36
Women 50 +	2011	Fast at 50: Wendy Pratt, Vickie Ammon, Sue Lutz	1:52:00
No Divisions Yet	1974	The Ram: Donald Pickett, Gunter Hemmersbach, Jim O'Neil	1:26:45

First Team and Best Times

1974 – 1982 = **1st Course** (9-mi. Bike, 4.5-mi. Paddle, 5.5-mi. Run)
 1983 – 2012 = **Current Course** (5.82-mi. Run, 12.5-mi. Bike, 6.35-mi. Paddle)
 The team members are all listed as Run, Bike, Paddle.
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Team Best Time Details

- Most Open Division Team Wins (5) = CA Canoe & Kayak
- Tied for most wins (4) with same team members = CA Canoe & Kayak (Boivan, Moore, Tanner) & Current Adventures (Knutsen, Casillas, Crandall)
- John Weed has been on the most winning teams as the paddler with (8; includes only first overall teams).
- Ironman Division began in 1979.
- The current record holder for first team to finish is TEAM BOSS with Shad Warren, DJ Dart, and Jon Fishburn in 1990.

Year	Time	Division	Team Info
1981	1:14:34	Open	Dave Spangler, Thom Hunt, Albert Romuari: 1st Course Record
1978	1:17:44	Open	Cyakrun III: Dwayne Harms, Peter Brunn, Stein Bauer 1st Course Record
1979	1:18:28	Open	Cyakrun III: Dwayne Harms, Peter Brunn, Stein Bauer
1980	1:21:14	Open	Dave Spangler, Thom Hunt, Albert Romuari
1976	1:21:22	Open	Ron's Raft Rental: Richard Langford, Walter Weed, John Weed: 1st Course Record
1977	1:25:14	Open	Body Ammo Sports Club: Ron Wayne, James McKinstry, Andy Toro
1974	1:26:45	Open	Jim O'Neil, Don Pickett, Gunther Hammerbach: Set 1st Course Time
1990	1:30:07	Open	Team Boss: Shad Warren, DJ Dart, Jon Fishburn: CURRENT COURSE RECORD
1995	1:30:18	Open	The Untouchables: Mike McManus, Chris Baker, Brent Reitz
2009	1:30:35	Open	Patrick Boivin, Jesse Moore, Craig Tanner
1991	1:31:35	Open	Dave Welsh, Barry Vial, Brent Ritz
2008	1:31:43	Open	CA Canoe & Kayak: Patrick Boivin, Jesse Moore, Craig Tanner
2012	1:31:43	Open	VITEK Vikings: Phillip Reid, Jonathan Lee, John Easterbrook
2007	1:32:12	Open	CA Canoe & Kayak: Patrick Boivin, Michael Brown, Craig Tanner
2010	1:32:19	Open	CA Canoe & kayak: Patrick Boivin, Jesse Moore, Craig Tanner
1989	1:32:46	Open	Team Boss: Leonard Sperandeo, Steve McClelland, John Weed
2011	1:33:01	Open	Dwelly Chiropractic: Carl Dargitz, Mike Brown, Johan Dahl
1994	1:33:12	Media	Mike McManus, Chris Barker, Brent Reitz
1998	1:33:30	Open	Benjamin Ayers, Barry Fial, John Campbell
2006	1:34:18	Open	Corey Creasey, Michael Brown, Craig Tanner
1988	1:34:26	Open	Team Boss: Leonard Sperandeo, Steve McClelland, John Weed
1996	1:34:30	Open	Ben Ayers, Barry Vial, Donald Hicks
2002	1:34:59	Open	Current Adventures: Konrad Knutsen, Carlos Casillas, Dan Crandall
1999	1:35:26	Open	Chad Worthen, Jim Diepenbrock, Don Hicks

1984	1:36:00		Rich Langford, Andy Christensen, John Weed: Current Course Record.
1992	1:36:03	Open	Pink Dogs/Rest Stop: Shawn Smallwood, Tim Imai, Bryan Podgorski
2005	1:36:12	Open	Keith Hankins, Dean Alleger, Don Hicks
1997	1:36:37	Open	Too Fast for Me: Benjamin Ayers, Brian Deromen, John Campbell
2003	1:36:50	Open	Konrad Knutsen, Carlos Casillas, Dan Crandall
2004	1:36:52	Open	Current Adventures: Konrad Knutsen, Carlos Casillas, Dan Crandall
1986	1:36:54	Down River	Reno/Tahoe Transit: Steve Blakemore, Todd Denton, Chuck Lyda
2000	1:37:00	Adaptive	Tim Klinefelter, Garth Schmeck, Bill Michel
1993	1:37:30	Open	Art Huff, Barry Vial, Bryan Podgorski
1987	1:39:29	Kayak	Leonard Sperandeo, Dan Brown, John Weed
2001	1:40:40	Open	Current Adventures: Konrad Knutsen, Carlos Casillas, Dan Crandall
1983	1:43:58		Bob Dieis, Bob Hammond, John Weed: Set Current Course Time
1985	1:44:37		Matt Yeo, Andy Chrstensen, John Weed
1975	1:44:47	Open	Ron Wayne, Tom Simonson, Fritz Mortiz
1982	1:49:06		Andy Christensen, Robert Deis, John Weed

First Ironman and Best Times

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Ironperson Best Times Details

- 1974 – 1982 = **1st Course** (9-mi. Bike, 4.5-mi. Paddle, 5.5-mi. Run)
- 1983 – 2012= **Current Course** (5.82-mi. Run, 12.5-mi. Bike, 6.35-mi. Paddle)
- 1983: Lin Feil sets record for the first course.
- 1984: Rich Hanna breaks Lin's record.
- 1987: Don Hicks sets his first course record and continuously improves his time until 1990, when he set the still standing course record (1:33:17).
- Don Hicks has finished first ironman more than anyone else (14), all on current course.
- Vic Vicari has come in first 9 times, all on current course

Year	Time	Division	Name
1980	1:24:01	Ironman	Chuck Lyda: 1st Course Record
1981	1:29:16	Ironman	R. Ueltzen
1979	1:32:14	Ironman	Steve Boutin: Set Ironman time for 1st Course
1991	1:33:17	Ironman	Don Hicks: CURRENT COURSE RECORD
2005	1:38:22	Ironman	Miroslav Podborsky
1990	1:39:23	Ironman	Don Hicks
1993	1:41:11	Ironman	Don Hicks
1995	1:41:45	Ironman	James Sapienza
1989	1:42:56	Ironman	Don Hicks
1998	1:42:59	Ironman	Leonard Veare
1992	1:43:10	Ironman	Don Hicks
2004	1:43:14	Ironman 40+	Don Hicks
2007	1:43:28	Ironman 40+	Vic Vicari
2008	1:43:28	Ironman 40+	Vic Vicari
2009	1:43:49	Ironman 50+	Vic Vicari
1988	1:44:18	Ironman	Don Hicks
2010	1:44:24	Ironman 50+	Vic Vicari
2002	1:44:26	Ironman 40+	Vic Vicari
2012	1:44:34	Ironman 50+	Vic Vicari
1996	1:44:48	Ironman	James Sapienza
1997	1:44:48	Ironman	Leonard Veare
2006	1:45:16	Ironman 40+	Don Hicks
1999	1:45:20	Ironman	Leonard Veare
2003	1:45:35	Ironman 40+	Vic Vicari
2008	1:45:38	Ironman 40+	Vic Vicari
1987	1:46:18	Ironman	Don Hicks
2000	1:46:28	Ironman 40+	Don Hicks
1994	1:46:36	Ironman	Don Hicks
1984	1:47:47	Ironman	Rich Hanna
1986	1:48:14	Ironman	Don Hicks

2005	1:48:32	Ironman 40+	Vic Vicari
2001	1:49:06	Ironman 40+	Don Hicks
1991	1:33:17	Ironman	Don Hicks
1983	1:51:00	Ironman	Lin Feil: : Set time for 1st Course
1985	1:53:10	Ironman	Don Hicks
1982	2:07:10	Ironman	Karandanis

First Ironwomen and Best Times

For any challenges or additions, please call Eppie's Great Race Office at (916) 480-0270.

Ironwomen Course Record Details

- Ironwoman Division began in 1979.
- 1974 – 1982 = **1st Course** (9-mi. Bike, 4.5-mi. Paddle, 5.5-mi. Run)
- 1983 – 2012 = **Current Course** (5.82-mi. Run, 12.5-mi. Bike, 6.35-mi. Paddle)
- Vickie Pell (now Ammon) has the most Ironwoman wins (8).

Year	Time	Division	Name
1980	1:39:39	Ironwoman	Krista Roberts: 1st Course Record
1979	1:43:08	Ironwoman (40-49)	Krista Roberts: Set time for 1st Course
1981	1:45:50	Ironwoman	E. Oberth
1988	1:49:47	Ironwoman	Kitty Goursole: CURRENT COURSE RECORD
1991	1:50:40	Ironwoman	Bety Rypins
1990	1:51:24	Ironwoman	Vickie Pell
1995	1:51:47	Ironwoman	Linda Casillas
1989	1:52:19	Ironwoman	Betsy Frick
1993	1:52:25	Ironwoman	Linda Casillas
1987	1:54:47	Ironwoman	Kitty Perry
2002	1:55:16	Ironwoman	Vickie Pell
1999	1:55:53	Ironwoman	Linda Casillas
1996	1:56:11	Ironwoman	Linda Casillas
2006	1:57:37	Ironwoman	Elizabeth Collins
2011	1:57:38	Ironwoman	Donene Vukovich
2003	1:57:52	Ironwoman	Vickie Pell
1992	1:57:55	Ironwoman	Linda Casillas
2005	1:58:21	Ironwoman	Elizabeth Collins
1998	1:58:24	Ironwoman	Vickie Pell
2000	1:58:25	Ironwoman	Vickie Pell
2007	1:58:41	Ironwoman (50+)	Vickie (Pell) Ammon
2004	1:58:48	Ironwoman	Elizabeth Collins
2009	1:59:33	Ironwoman	Nicole Young
1994	1:59:34	Ironwoman (40-49)	Vickie Pell
2012	2:01:00	Ironwoman	Diana Hellman
2008	2:01:30	Ironwoman (50+)	Vickie (Pell) Ammon
2001	2:01:48	Ironwoman	Vickie Pell
1997	2:02:20	Ironwoman	Vickie Pell
2010	2:02:30	Ironwoman	Nicole Young
1984	2:04:05	Ironwoman	Betsy Frick
1985	2:08:19	Ironwoman	Betsy Frick
1982	2:10:00	Ironwoman	Eva Ueltzen

1986	2:20:00	Ironwoman	Betsy Frick
1983	2:21:02	Ironwoman	Janet Paris: Set time for Current Course