



## Medtronic TC 10 Mile Champions - Men

|      |                                        |                         |          |
|------|----------------------------------------|-------------------------|----------|
| 1999 | Charlie Mahler                         | Duluth                  | 52:01:00 |
| 2000 | Mark Elworthy                          | Eau Claire, Wis         | 52:02:00 |
| 2001 | Dan Simmons                            | Rochester               | 52:54:00 |
| 2002 | Eric Johnson                           | Hastings                | 51:41:00 |
| 2003 | Chris Lundstrom                        | Minneapolis             | 50:46:00 |
| 2004 | Chad Johnson                           | Minneapolis             | 48:44:00 |
| 2005 | Moses Waweru                           | St Paul                 | 51:12:00 |
| 2006 | Matt Gabrielson                        | Apple Valley            | 48:51:00 |
| 2007 | Abdi Abdirahman                        | Tucson, Ariz.           | 47:34:00 |
| 2008 | Josh Glaab                             | Superior, Colo.         | 50:29:00 |
| 2009 | Abdi Abdirahman                        | Tucson, Ariz.           | 46:35:00 |
| 2010 | Matt Downin                            | Edina                   | 50:43:00 |
| 2011 | Mo Trafteh                             | Duarte, Calif.          | 46:46:00 |
| 2012 | Ben True                               | Portland, Maine         | 47:19:00 |
| 2013 | Jonathan Peterson                      | Minneapolis             | 49:02:00 |
| 2014 | Jonathan Peterson                      | Minneapolis             | 48:12*   |
| 2015 | Sam Chelanga                           | Tucson, Ariz.           | 46:47:00 |
| 2016 | Sam Chelanga                           | Tucson, Ariz.           | 47:25:00 |
| 2017 | Shadrack Kipchichir                    | Colorado Springs, Colo. | 47:33:00 |
| 2018 | Shadrack Kipchichir                    | Colorado Springs, Colo. | 46:32:00 |
| 2019 | Futsum Zienasellassie                  | Flagstaff, Ariz.        | 46:55:00 |
| 2020 | Event Cancelled - COVID-19<br>Pandemic |                         |          |
| 2021 | Daniel Docherty                        | St. Paul                | 49:19:00 |
| 2022 | Hillary Bor                            | Colorado Springs, Colo. | 46:06:00 |
| 2023 | Event Cancelled - Unsafe<br>Conditions |                         |          |
| 2024 | Connor Mantz                           | Provo, Utah             | 45:13    |



## Medtronic TC 10 Mile Champions - Women

|      |                                     |                       |          |
|------|-------------------------------------|-----------------------|----------|
| 1999 | Kelly Keeler                        | Bloomington           | 57:13:00 |
| 2000 | Bonnie Sons                         | Shorewood             | 61:17:00 |
| 2001 | Katie McGregor                      | Edina                 | 57:21:00 |
| 2002 | Katie McGregor                      | Edina                 | 55:59:00 |
| 2003 | Katie McGregor                      | Edina                 | 54:30:00 |
| 2004 | Sara Wells                          | Burnsville            | 57:13:00 |
| 2005 | Katie McGregor                      | St. Louis Park        | 55:12:00 |
| 2006 | Katie McGregor                      | St. Louis Park        | 53:48:00 |
| 2007 | Kristen Nicolini                    | Minneapolis           | 56:17:00 |
| 2008 | Kara Goucher                        | Portland, Ore.        | 53:16:00 |
| 2009 | Rachel Booth                        | Mountain View, Calif. | 57:33:00 |
| 2010 | Katie McGregor                      | St. Louis Par         | 54:21:00 |
| 2011 | Janet Bawcom                        | Rome, Ga.             | 54:15:00 |
| 2012 | Janet Bawcom                        | Rome, Ga.             | 53:43:00 |
| 2013 | Laura Paulsen                       | Minneapolis           | 58:46:00 |
| 2014 | Allison Mendez                      | Austin, Texas         | 56:26*   |
| 2015 | Molly Huddle                        | Providence, R.I.      | 51:44:00 |
| 2016 | Jordan Hasay                        | Beaverton, Ore.       | 52:49:00 |
| 2017 | Sara Hall                           | Redding, Calif.       | 53:43:00 |
| 2018 | Sara Hall                           | Flagstaff, Ariz.      | 52:47:00 |
| 2019 | Sara Hall                           | Flagstaff, Ariz.      | 53:11:00 |
| 2020 | Event Cancelled - COVID-19 Pandemic |                       |          |
| 2021 | Rachel Drake                        | Portland, Ore.        | 56:40:00 |
| 2022 | Fiona O'Keeffe                      | Concord, Mass.        | 51:42:00 |
| 2023 | Event Cancelled - Unsafe Conditions |                       |          |
| 2024 | Natosha Rogers                      | Concord, Mass.        | 52:29    |



## TC 10K Champions - Men

|      |                                           |                   |          |
|------|-------------------------------------------|-------------------|----------|
| 2009 | Evgeny Beletskiy                          | Minneapolis       | 33:50:00 |
| 2010 | Andrew Boldt                              | Stillwater        | 32:11:00 |
| 2011 | Jeremy Cook                               | Hudson, Wisc.     | 34:28:00 |
| 2012 | Chris Lundstrom                           | Minneapolis       | 32:14:00 |
| 2013 | Jonathan Grey                             | Minneapolis       | 29:58:00 |
| 2014 | Jake Marotz                               | St. Paul          | 31:57:00 |
| 2015 | Abbabiya Simbassa                         | Minnetonka        | 30:34:00 |
| 2016 | Keeghan Hurley                            | Dent              | 33:22:00 |
| 2017 | Jessie Palmer                             | Lone Tree, Calif. | 34:10:00 |
| 2018 | Matt Longen                               | Mankato           | 32:48:00 |
| 2019 | Event Cancelled -<br>Lightning<br>Storms  |                   |          |
| 2020 | Event Cancelled -<br>Covid-19<br>Pandemic |                   |          |
| 2021 | Daniel Docherty                           | St. Paul          | 31:57:00 |
| 2022 | Daniel Docherty                           | St. Paul          | 30:42:00 |
| 2023 | Jack Manderscheid                         | Edina             | 32:59:00 |
| 2024 | Sam Nofziger                              | Fort Worth, Tex.  | 32:07    |



## **TC 10K Champions - Women**

|      |                                           |                  |          |
|------|-------------------------------------------|------------------|----------|
| 2009 | Ariella Gottfried                         | Minneapolis      | 36:33:00 |
| 2010 | Angie Williams                            | Minneapolis      | 37:12:00 |
| 2011 | Amanda Lee                                | Flagstaff, Ariz. | 36:48:00 |
| 2012 | McKenzie Holt                             | St. Cloud        | 36:16:00 |
| 2013 | Dani Stack                                | Minneapolis      | 35:21:00 |
| 2014 | Kaitlin Mincke                            | Farmington       | 37:57:00 |
| 2015 | Maggie Opelt                              | De Pere, Wisc.   | 38:44:00 |
| 2016 | Laura Docherty                            | Minneapolis      | 39:23:00 |
| 2017 | Anna Molinaro                             | Mendota Heights  | 40:27:00 |
| 2018 | Alyssa Breu                               | St. Paul         | 39:12:00 |
| 2019 | Event Cancelled -<br>Lightning<br>Storms  |                  |          |
| 2020 | Event Cancelled -<br>Covid-19<br>Pandemic |                  |          |
| 2021 | Bobbi Patrick                             | Mankato          | 38:47:00 |
| 2022 | Bobbi Patrick                             | Minneapolis      | 37:49:00 |
| 2023 | Alyssa Breu                               | Nowthen          | 40:34:00 |
| 2024 | Billie Kirk                               | Ogden, Utah      | 35:19    |



## TC 5K Champions - Men

|      |                   |                    |       |
|------|-------------------|--------------------|-------|
| 1986 | Dick Beardsley    | Albany, Calif.     | 14:57 |
| 1987 | Bill Atkins       | St. Paul           | 15:06 |
| 1988 | Dan Hebl          | Minneapolis        | 15:29 |
| 1989 | Keith Brantly     | Jacksonville, Fla. | 15:01 |
| 1990 | Dan Casper        | St. Paul           | 14:39 |
| 1991 | Steve Scott       | Leucadia, Calif.   | 14:38 |
| 1992 | Tim Hacker        | Madison, Wis.      | 14:14 |
| 1993 | Dan Frusher       | Madison, Wis.      | 14:35 |
| 1994 | Bob Kempainen     | Minneapolis        | 14:26 |
| 1995 | Mark Coogan       | Boulder, Colo.     | 14:38 |
| 1996 | Carl Fritz        | Minneapolis        | 14:38 |
| 1997 | Dan Held          | Waukesha, Wis.     | 14:56 |
| 1998 | Ditlev Larsen     | Minneapolis        | 16:00 |
| 1999 | Ditlev Larsen     | Minneapolis        | 15:30 |
| 2000 | *                 | *                  | *     |
| 2001 | Eric Hallman      | St. Paul           | *     |
| 2002 | Matt Gabrielson   | St. Paul           | *     |
| 2003 | Matt Gabrielson   | St. Paul           | 14:25 |
| 2004 | Zachary Schendel  | St. Paul           | 15:11 |
| 2005 | Eric Pierce       | Minneapolis        | 14:53 |
| 2006 | Ryan Kleimenhagen | St. Paul           | 15:06 |



## TC 5K Champions - Men (Continued)

|      |                                        |                     |       |
|------|----------------------------------------|---------------------|-------|
| 2007 | Antonio Vega                           | St. Louis Park      | 14:59 |
| 2008 | Dan Fadgen                             | Rogers              | 14:49 |
| 2009 | Mathew Chesang                         | Olathe, Kan.        | 15:30 |
| 2010 | Blayne Dulian                          | Coon Rapids         | 15:26 |
| 2011 | Adam Zutz                              | St. Francis         | 15:01 |
| 2012 | Jordan Carlson                         | Inver Grove Heights | 15:02 |
| 2013 | Andrew Carlson                         | Minneapolis         | 14:46 |
| 2014 | Dan Greeno                             | Richfield           | 14:57 |
| 2015 | Eric Colvin                            | Minneapolis         | 14:58 |
| 2016 | Hamza Ali                              | Minneapolis         | 14:47 |
| 2017 | Trevor Capra                           | Lakeville           | 14:42 |
| 2018 | Khalid Hussein                         | Minneapolis         | 15:12 |
| 2019 | Event Cancelled<br>- Lightning Storms  |                     |       |
| 2020 | Event Cancelled<br>- Covid-19 Pandemic |                     |       |
| 2021 | Daniel Docherty                        | St. Paul            | 15:07 |
| 2022 | Daniel Docherty                        | St. Paul            | 15:18 |
| 2023 | Joseph Trojan                          | Minneapolis         | 14:26 |
| 2024 | Clayton Duchatschek                    | Minnetonka          | 14:43 |



## TC 5K Champions - Women

|      |                         |                |       |
|------|-------------------------|----------------|-------|
| 1986 | Kim Rosenquist          | Spokane, Wash. |       |
| 1987 | Jan Ettle               | St. Cloud      | 16:53 |
| 1988 | Nancy Ankeery           | Wayzata        | 19:03 |
| 1989 | Sue Schneider           | Minneapolis    | 17:00 |
| 1990 | Sam Gdowski             | Minneapolis    | 16:16 |
| 1991 | Jan Ettle               | St. Paul       | 17:00 |
| 1992 | Sam Gdowski             | Lincoln, Neb.  | 16:41 |
| 1993 | Karen Glerun            | Ames, Ia.      | 16:50 |
| 1994 | Bonnie Sons             | Shorewood      | 17:05 |
| 1995 | Colleen DeReuck         | South Africa   | 16:04 |
| 1996 | Deb Gormley             | St. Paul       | 16:53 |
| 1997 | Bonnie Sons             | Shorewood      | 17:38 |
| 1998 | Brett-Elizabeth Schulze | Minnetonka     | 17:35 |
| 1999 | Kim Kauls               | Forest Lake    | 17:26 |
| 2000 | Joyce Bourasa           | Burnsville     | *     |
| 2001 | Kristin Nicolini        | Edina          | *     |
| 2002 | Kristin Nicolini        | Edina          | *     |
| 2003 | Kristin Nicolini        | St. Louis Park | 16:49 |
| 2004 | Jenelle Deatherage      | St. Louis Park | 17:04 |
| 2005 | Carrie Tollefson        | St. Paul       | 16:16 |
| 2006 | Jacqueline Gruendel     | Burke, Va.     | 18:16 |



## TC 5K Champions - Women (Continued)

|      |                                        |                         |       |
|------|----------------------------------------|-------------------------|-------|
| 2007 | Emily Brown                            | Minneapolis             | 16:21 |
| 2008 | Anne Marie Iddins                      | St. Paul                | 19:35 |
| 2009 | Meghan Armstrong                       | Minneapolis             | 16:45 |
| 2010 | Jodie Meier                            | Pleasant Prairie, Wisc. | 19:38 |
| 2011 | Carrie Tollefson                       | St. Paul                | 16:29 |
| 2012 | McKenzie Melander                      | St. Paul                | 17:06 |
| 2013 | Melissa Gacek                          | St. Paul                | 18:09 |
| 2014 | Marie Allen                            | St. Paul                | 18:25 |
| 2015 | Emma Grimes                            | Chicago, Ill.           | 18:43 |
| 2016 | Melissa Agnew                          | Burnsville              | 17:24 |
| 2017 | Bre Sieracki                           | Spring Valley, Wisc.    | 17:01 |
| 2018 | Heather Kampf                          | Minneapolis             | 16:39 |
| 2019 | Event Cancelled<br>- Lightning Storms  |                         |       |
| 2020 | Event Cancelled<br>- Covid-19 Pandemic |                         |       |
| 2021 | Shelby Nowak                           | Minneapolis             | 19:00 |
| 2022 | Reagan Janzen                          | Rochester               | 19:06 |
| 2023 | Cailee Peterson                        | Duluth                  | 17:33 |
| 2024 | Makenna Thurston                       | Inver Grove Heights     | 17:02 |