# 2025 Women's USMS Long Distance All Americans

| Event | Age Group | First Name | Last Name | Age | Club | USMS Number | Time or Distance | USMS Record |
|---|---|---|---|---|---|---|---|---|
| 2 mile Cable | 25-29 | Emilie Claire | Schneider | 26 | CRUZ | 3853-AF915 | 58:20.83 | |
| 2 mile Cable | 30-34 | Jamie | Christy | 30 | DYNA | 455J-ZFAZR | 44:07.37 | |
| 2 mile Cable | 35-39 | Heather | Mohorn | 38 | IM | 2150-07AKS | 45:46.05 | |
| 2 mile Cable | 40-44 | Vesna | Shelnutt | 40 | GAJA | 456S-9HND5 | 44:33.17 | |
| 2 mile Cable | 45-49 | Erin | King | 45 | NERD | 1259-VTDG1 | 52:52.34 | |
| 2 mile Cable | 50-54 | Tara | Mack | 53 | NEM | 0254-033P8 | 50:41.00 | |
| 2 mile Cable | 55-59 | Heidi | Williams | 56 | NCMS | 1356-022YV | 49:32.99 | |
| 2 mile Cable | 60-64 | Charlotte | Hollings | 61 | VMST | 125E-02JDH | 47:49.85 | |
| 2 mile Cable | 65-69 | Laurie | Alioto | 67 | WISC | 2058-01R8P | 50:01.28 | |
| 2 mile Cable | 70-74 | Shirley | Loftus-Charley | 74 | CM-Y | 1261-WATER | 52:42.83 | |
| 2 mile Cable | 75-79 | Joanne | Menard | 77 | MMAC | 4861-02F1Y | 1:10:33.71 | |
| Sprint Distance OW | 18-24 | Katherine | Vazhenin | 22 | DYNA | 455J-AAU3C | 39:11.00 | |
| Sprint Distance OW | 25-29 | Bryanna | Lacey | 28 | SFTL | 505F-4B29A | 24:29.00 | |
| Sprint Distance OW | 30-34 | Rachel | Reynolds | 34 | NEM | 025G-09NDS | 23:03.00 | |
| Sprint Distance OW | 35-39 | Claire | Thomas | 39 | NEM | 0256-JWFYZ | 21:14.00 | |
| Sprint Distance OW | 40-44 | Sara | McLarty | 42 | SLAP | 145N-07J4H | 21:14.00 | |
| Sprint Distance OW | 45-49 | Stacey | Kiefer | 47 | OREG | 375N-01RAS | 22:37.00 | |
| Sprint Distance OW | 50-54 | Kristen | Gross | 51 | SLAM | 225X-0020W | 24:13.00 | |
| Sprint Distance OW | 55-59 | Courtney | Chubb | 56 | SPM | 146H-002P7 | 22:22.00 | |
| Sprint Distance OW | 60-64 | Kimberly | Elsbach | 62 | GFDM | 3863-D0NUT | 22:17.00 | |
| Sprint Distance OW | 65-69 | Zena | Courtney | 66 | MELB | 145D-02M3K | 23:53.00 | |
| Sprint Distance OW | 70-74 | Nancy | Steadman Martin | 71 | GSM | 075T-01Y2C | 22:48.00 | |
| Sprint Distance OW | 75-79 | Joanne | Menard | 77 | MMAC | 4861-02F1Y | 31:34.00 | |
| Sprint Distance OW | 80-84 | Susan | Meyers | 83 | SHARK | 145P-02ACV | 0:41:37.00 | |
| Long Distance OW | 25-29 | Macarena | Martin Mayor | 27 | SPM | 1453-V99EX | 1:22:53.00 | |
| Long Distance OW | 30-34 | Rachel | Reynolds | 34 | NEM | 025G-09NDS | 1:28:26.00 | |
| Long Distance OW | 35-39 | Claire | Thomas | 39 | NEM | 0256-JWFYZ | 1:14:35.00 | |
| Long Distance OW | 40-44 | Sandra | Frimerman-Bergquist | 42 | PBM | 505U-04TAE | 1:18:44.00 | |
| Long Distance OW | 45-49 | Brooke | Bennett | 45 | CAM | 1454-34T00 | 1:14:11.00 | |
| Long Distance OW | 50-54 | Alison | Hayden | 54 | SPM | 145X-045GD | 1:17:44.00 | |
| Long Distance OW | 55-59 | Carrie | Stolar | 58 | MINN | 305S-025C1 | 1:22:14.00 | |
| Long Distance OW | 60-64 | Kimberly | Elsbach | 62 | GFDM | 3863-D0NUT | 1:18:44.00 | |
| Long Distance OW | 65-69 | Karen | Einsidler | 69 | SHARK | 1464-01S73 | 1:28:24.00 | |
| Long Distance OW | 70-74 | Nancy | Steadman Martin | 71 | GSM | 075T-01Y2C | 1:24:37.00 | |
| Long Distance OW | 75-79 | Joanne | Menard | 77 | MMAC | 4861-02F1Y | 1:54:59.00 | |
| Ultra Maraathon Distance OW | 18-24 | Eleanor | Smith | 18 | UC36 | 365Y-VMCZW | 4:38:01.00 | |
| Ultra Maraathon Distance OW | 25-29 | Addie | Paige | 25 | UC36 | 365F-134EG | 4:25:00.70 | |
| Ultra Maraathon Distance OW | 30-34 | Emma | Gaulke-Janowski | 33 | UC36 | 365S-TU1E3 | 4:51:37.00 | |
| Ultra Maraathon Distance OW | 35-39 | Denise | Simens | 38 | UC37 | 3657-GEK81 | 4:43:23.20 | |
| Ultra Maraathon Distance OW | 40-44 | Leksi | Weldon-Linne | 42 | UC38 | 385B-6PGZD | 5:28:46.30 | |
| Ultra Maraathon Distance OW | 45-49 | Erin | Tyler | 46 | OREG | 3755-05GXR | 5:13:57.80 | |
| Ultra Maraathon Distance OW | 50-54 | Amy | Fischer | 50 | CLOV | 385J-03WDd | 5:00:39.60 | |
| Ultra Maraathon Distance OW | 55-59 | Heidi | Williams | 56 | NCMS | 1356-022YV | 4:40:25.50 | |
| Ultra Maraathon Distance OW | 60-64 | Janet | Goodridge | 63 | IM | 215R-0A114 | 5:12:30.20 | |
| 1 Hour Virtual | 18-24 | Anna | Lee | 24 | OREG | 375N-JRXGD | 5,040 | |
| 1 Hour Virtual | 25-29 | Cathy | Teng | 25 | MELO | 3857-GA9YA | 4,725 | |
| 1 Hour Virtual | 30-34 | Ilsa | Feierabend | 33 | OREG | 3723-69VC2 | 4,785 | |
| 1 Hour Virtual | 35-39 | Claire | Thomas | 39 | NEM | 0256-JWFYZ | 5,020 | |
| 1 Hour Virtual | 40-44 | Brittany | Butcher | 40 | NEM | 025R-0BAUT | 5,155 | |
| 1 Hour Virtual | 45-49 | Jessica | Stokes | 49 | NEM | 0258-033CJ | 4,620 | |
| 1 Hour Virtual | 50-54 | Stacey | Bruce | 51 | PALM | 555G-01HAD | 4,945 | |
| 1 Hour Virtual | 55-59 | Courtney | Chubb | 56 | SPM | 146H-002P7 | 4,830 | |
| 1 Hour Virtual | 60-64 | Laurie | Hug | 60 | 1776 | 085W-0226X | 4,825 | |
| 1 Hour Virtual | 65-69 | Suzanne | Heim-Bowen | 67 | WCM | 385U-03F3T | 4,625 | |
| 1 Hour Virtual | 70-74 | Shirley | Loftus-Charley | 74 | CM-Y | 1261-WATER | 4,390 | |
| 1 Hour Virtual | 75-79 | Meredith | Moore | 76 | T2NM | 145B-01S4X | 3,620 | |
| 1 Hour Virtual | 80-84 | Kathy | Slifer | 80 | NEM | 025M-034JK | 3,270 | |
| 1 Hour Virtual | 85-89 | Kristin | Norstad | 87 | DDSA | 485T-07G39 | 2,400 | |
| 1 Hour Virtual | 90-94 | Mary | Alexandre | 90 | TAM | 385H-03HEB | 2,615 | |
| 5K Virtual | 25-29 | Macarena | Martin Mayor | 27 | SPM | 1453-V99EX | 1:17:20.13 | |
| 5K Virtual | 30-34 | Erin | Short | 34 | UC21 | 215M-VTX84 | 1:08:37.99 | |
| 5K Virtual | 35-39 | Heather | Mohorn | 38 | IM | 2150-07AKS | 1:05:33.99 | |
| 5K Virtual | 40-44 | Amy | Charley | 40 | TPIT | 1152-061BG | 1:14:05.59 | |
| 5K Virtual | 45-49 | Katie | Palavecino | 47 | ALEX | 1051-037H5 | 1:20:18.00 | |
| 5K Virtual | 50-54 | Tara | Mack | 53 | NEM | 0254-033P8 | 1:14:52.50 | |

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|---|---|---|---|---|---|---|---|---|
| 5K Virtual | 55-59 | Anne | Cappola | 56 | 1776 | 086D-022E0 | 1:13:40.53 | |
| 5K Virtual | 60-64 | Kimberly | Elsbach | 62 | GFDM | 3863-D0NUT | 1:12:51.70 | |
| 5K Virtual | 65-69 | Karen | Einsidler | 69 | SHARK | 1464-01S73 | 1:19:18.48 | |
| 5K Virtual | 70-74 | Shirley | Loftus-Charley | 74 | CM-Y | 1261-WATER | 1:19:49.86 | |
| 5K Virtual | 75-79 | Meredith | Moore | 76 | T2NM | 145B-01S4X | 1:45:52.01 | |
| 10K Virtual | 25-29 | Macarena | Martin Mayor | 27 | SPM | 1453-V99EX | 2:35:30.99 | |
| 10K Virtual | 35-39 | Heather | Mohorn | 38 | IM | 2150-07AKS | 2:13:22.99 | Y |
| 10K Virtual | 40-44 | Stephanie | Gibson | 42 | SPM | 145E-H37MJ | 2:40:07.99 | |
| 10K Virtual | 45-49 | Helene | Nehrebecki | 45 | DAM | 386A-06JFA | 2:59:34.48 | |
| 10K Virtual | 50-54 | Stephanie | Henry | 51 | IM | 2157-09R25 | 2:38:08.83 | |
| 10K Virtual | 60-64 | Kimberly | Elsbach | 62 | GFDM | 3863-D0NUT | 2:32:29.60 | |
| 10K Virtual | 65-69 | Karen | Einsidler | 69 | SHARK | 1464-01S73 | 2:39:38.84 | |
| 10K Virtual | 70-74 | Shirley | Loftus-Charley | 74 | CM-Y | 1261-WATER | 2:47:04.28 | |
| 3000 Virtual | 18-24 | Susanna | Price | 22 | RMRM | 3265-3897N | 35:56.05 | |
| 3000 Virtual | 25-29 | Gina | Zhang | 29 | NCMS | 136P-6E44A | 37:49.12 | |
| 3000 Virtual | 30-34 | Rachel | Reynolds | 34 | NEM | 025G-09NDS | 38:53.78 | |
| 3000 Virtual | 35-39 | Nicole | O'Keeffe | 38 | UC02 | 026M-083NM | 39:24.00 | |
| 3000 Virtual | 40-44 | Vesna | Shelnutt | 40 | GAJA | 456S-9HND5 | 35:45.62 | |
| 3000 Virtual | 45-49 | Jessica | Stokes | 49 | NEM | 0258-033CJ | 38:07.92 | |
| 3000 Virtual | 50-54 | Alison | Hayden | 54 | SPM | 145X-045GD | 35:41.00 | |
| 3000 Virtual | 55-59 | Courtney | Chubb | 56 | SPM | 146H-002P7 | 36:40.15 | |
| 3000 Virtual | 60-64 | Kimberly | Elsbach | 62 | GFDM | 3863-D0NUT | 38:42.70 | |
| 3000 Virtual | 65-69 | Karen | Einsidler | 69 | SHARK | 1464-01S73 | 40:43.69 | |
| 3000 Virtual | 70-74 | Shirley | Loftus-Charley | 74 | CM-Y | 1261-WATER | 40:56.27 | |
| 3000 Virtual | 75-79 | Frances | Hare | 75 | PBM | 5064-02XHG | 49:25.00 | |
| 3000 Virtual | 80-84 | Judy | Ziemer | 81 | OREG | 375H-026R8 | 1:09:57.15 | |
| 6000 Virtual | 18-24 | Victoria | Chernin | 22 | WMST | 255Y-V568N | 1:32:28.00 | |
| 6000 Virtual | 25-29 | Danica | Adams | 26 | CTM | 335D-HV10B | 1:08:21.70 | Y |
| 6000 Virtual | 30-34 | Jacky | Merianos | 34 | LSM | 265D-KU9SX | 1:35:53.38 | |
| 6000 Virtual | 35-39 | Heather | Mohorn | 38 | IM | 2150-07AKS | 1:08:45.36 | Y |
| 6000 Virtual | 40-44 | Vesna | Shelnutt | 40 | GAJA | 456S-9HND5 | 1:13:46.11 | |
| 6000 Virtual | 45-49 | Carrie | Smith | 49 | SACMA | 3869-03PVX | 1:26:40.05 | |
| 6000 Virtual | 50-54 | Suzanne | Dearworth | 53 | SPM | 145G-027H7 | 1:21:32.37 | |
| 6000 Virtual | 55-59 | Courtney | Chubb | 56 | SPM | 146H-002P7 | 1:14:12.99 | |
| 6000 Virtual | 60-64 | Kimberly | Elsbach | 62 | GFDM | 3863-D0NUT | 1:19:15.40 | |
| 6000 Virtual | 65-69 | Karen | Einsidler | 69 | SHARK | 1464-01S73 | 1:22:21.60 | |
| 6000 Virtual | 70-74 | Shirley | Loftus-Charley | 74 | CM-Y | 1261-WATER | 1:24:17.59 | |
| 6000 Virtual | 75-79 | Christine | Ellis | 75 | AAMAH | 435T-V969U | 2:31:46.98 | |
| 1 Mile Cable | 18-24 | Claire | Sullivan | 23 | 1693 | 125Y-P05NB | 25:10.34 | |
| 1 Mile Cable | 25-29 | Emilie Claire | Schneider | 26 | CRUZ | 3853-AF915 | 27:01.80 | |
| 1 Mile Cable | 30-34 | Jamie | Christy | 30 | DYNA | 455J-ZFAZR | 21:27.89 | |
| 1 Mile Cable | 35-39 | Heather | Mohorn | 38 | IM | 2150-07AKS | 22:19.78 | |
| 1 Mile Cable | 40-44 | Vesna | Shelnutt | 40 | GAJA | 4559-9HND5 | 21:36.53 | Y |
| 1 Mile Cable | 45-49 | Julie | Schoenlank | 45 | GSM | 0757-02YZ2 | 27:43.23 | |
| 1 Mile Cable | 50-54 | Tara | Mack | 53 | NEM | 0254-033P8 | 24:00.82 | |
| 1 Mile Cable | 55-59 | Heidi | Williams | 56 | NCMS | 1356-022YV | 23:50.83 | |
| 1 Mile Cable | 60-64 | Laurie | Hug | 60 | 1776 | 085W-0226X | 23:25.70 | |
| 1 Mile Cable | 65-69 | Laurie | Alioto | 67 | WISC | 2058-01R8P | 24:55.85 | |
| 1 Mile Cable | 70-74 | Shirley | Loftus-Charley | 74 | CM-Y | 125X-WATER | 25:29.32 | |
| 1 Mile Cable | 75-79 | Joanne | Menard | 77 | MMAC | 485X-02F1Y | 32:16.03 | Y |
| 1 Mile Cable | 80-84 | Mary | Pohlmann | 80 | SLAM | 225A-02UN9 | 40:23.46 | Y |
| 1 Mile Cable | 85-89 | Luise | Easton | 87 | O*H* | 185X-01PNS | 52:06.60 | Y |