

**USATF Oregon 3K / 25K Championships (Track)
McKenzie Community Track, Blue River, Oregon
Sunday, September 10, 2017**

Detailed Results

3,000m

1. Mike Blackmore - 10:18.1 (M55-59 Oregon Champion)
Bowerman Track Club
Eugene, OR. Age 55
2. Jason Roberts - 10:45.9 (M30-34 Oregon Champion)
Unattached
Eugene, OR. Age 33

25,000m

1. Craig Godwin - 1:30:28.9 (**M50-54 American Record**, Oregon Champion)
Unattached
Eugene, OR. Age 50
5K Splits: 17:25, 34:49.2 (17:24), 52:15.9 (17:26.7), 1:11:13 (18:57), 1:30:28.9 (19:16)
 2. Bill Aronson - 1:35:28.7 (**M45-49 American Record**, Oregon Champion)
NAC
Portland, OR. Age 45
5K 18:55, 15K 57:17.1, 20K 1:16:21
 3. Kevin Cave - 1:37:51.7 (M35-39 Oregon Champion)
Jacuzzi Boys Athletic Club
Eugene, OR. Age 37
5K 17:25, 10K 34:49, 15K 52:16.4
 4. Laura Bruess - 1:54:05.7 (**W55-59 American Record**)
Athletics Boulder
Boulder, CO. Age 56
5K Splits 22:09, 44:20 (22:11), 1:06:12.5 (21:53), 1:29:22 (23:09), 1:54:05.7 (24:44)
- DNF Rick Bruess (1:17:01.6 at 15,000m, dropped out after 43.5 laps)
Athletics Boulder
Boulder, CO. Age 58
5K 22:09, 15K 1:17:01.6

American Records Set En Route in 25,000m Race

- Laura Bruess - 1 Hour Run - 13,593m (**W55-59 American Record**)
Laura Bruess - 15,000m - 1:06:12.5 (**W55-59 American Record**)
Laura Bruess - 10 miles - 1:11:05 (**W55-59 American Record**)
Laura Bruess - 20,000m - 1:29:22 (**W55-59 American Record**)
Craig Godwin - 15,000m - 52:15.9 (**M50-54 American Record**)
Craig Godwin - 20,000m - 1:11:13 (**M50-54 American Record**)