



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 Pandemic		
2021	Daniel Docherty	St. Paul	49:19:00
2022	Hillary Bor	Colorado Springs, Colo.	46:06:00
2023	Event Cancelled - Unsafe Conditions		



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		



TC 10K

Presented By
Dermatology Consultants

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 - Lightning Storms		
2020	Event Cancelled - Covid-19 Pandemic		
2021	Daniel Docherty	St. Paul	31:57:00
2022	Daniel Docherty	St. Paul	30:42:00
2023	Jack Manderscheid	Edina	32:59:00



TC 10K

Presented By
Dermatology Consultants

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 - Lightning Storms		
2020	Event Cancelled - Covid-19 Pandemic		
2021	Bobbi Patrick	Mankato	38:47:00
2022	Bobbi Patrick	Minneapolis	37:49:00
2023	Alyssa Breu	Nowthen	40:34:00



TC 5K

Presented by
Fredrikson

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

Presented by
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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 - Lightning Storms		
2020	Event Cancelled - Covid-19 Pandemic		
2021	Daniel Docherty	St. Paul	15:07
2022	Daniel Docherty	St. Paul	15:18
2023	Joseph Trojan	Minneapolis	14:26



TC 5K

Presented by
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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

Presented by
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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 - Lightning Storms		
2020	Event Cancelled - Covid-19 Pandemic		
2021	Shelby Nowak	Minneapolis	19:00
2022	Reagan Janzen	Rochester	19:06
2023	Cailee Peterson	Duluth	17:33