

**MOST IMPROVED GOLD GRINDER CYCLE + PARACYCLE COMBINED OVERALL
(PAST PARTICIPANTS' 2023 TIMES COMPARED TO 2022 TIMES)**

Rank	Last Name	First Name	Division	Gender	Age	Bib	2023 Finish Time	2022 Finish Time	Difference
1	Beck	Jim	Gold Grinder Paracycle	M	62	316	1:13:07	2:45:33	-1:32:26
2	Radonich	Marco	Gold Grinder Cycle	M	74	331	1:37:09	2:45:34	-1:08:25
3	Casquejo	Courtney	Gold Grinder Cycle	F	32	334	1:30:23	2:02:42	-0:32:19
4	Tise	Pauline	Gold Grinder Cycle	F	48	313	2:04:52	2:21:54	-0:17:02
5	Bailey	Bonnie	Gold Grinder Cycle	F	43	348	2:33:02	2:48:32	-0:15:30
6	Rudstrom	C.O.	Gold Grinder Cycle	M	50	324	1:17:39	1:31:27	-0:13:48
7	Offord	Krystal	Gold Grinder Cycle	F	52	312	2:08:58	2:22:19	-0:13:21
8	Boltz	Anna	Gold Grinder Paracycle	F	16	301	1:10:46	1:23:26	-0:12:40
9	Duricka	Deborah	Gold Grinder Cycle	F	54	341	1:37:54	1:43:47	-0:05:53
10	Nelson	Jamie	Gold Grinder Cycle	M	47	328	1:25:40	1:30:15	-0:04:35
11	Stark	Hailey	Gold Grinder Cycle	F	30	310	1:04:34	1:08:50	-0:04:16
12	Story	Martha	Gold Grinder Cycle	F	46	309	1:32:27	1:34:23	-0:01:56
14	Lutterman	John	Gold Grinder Cycle	M	67	342	1:19:06	1:20:23	-0:01:17
15	Still	Corky	Gold Grinder Cycle	M	43	347	1:02:14	1:02:27	-0:00:13
16	Schamber	Pam	Gold Grinder Cycle	F	53	308	1:02:38	1:02:19	+0:00:19
17	Harmon	Lawrence	Gold Grinder Cycle	M	62	337	1:26:23	1:25:03	+0:01:20
13	Aldridge	Morgan	Gold Grinder Cycle	F	41	305	1:02:17	1:00:38	+0:01:39
18	Rohwer	Craig	Gold Grinder Cycle	M	39	302	1:03:10	1:00:01	+0:03:09
19	Hanson	Michael	Gold Grinder Paracycle	M	34	307	1:13:47	1:09:20	+0:04:27
20	Duffus	Johshua	Gold Grinder Cycle	M	49	343	1:24:20	1:17:34	+0:06:46
21	Reckmeyer	Peter	Gold Grinder Cycle	M	63	349	1:30:13	1:22:09	+0:08:04
22	Schneider	Dave	Gold Grinder Cycle	M	57	333	1:35:38	1:21:59	+0:13:39
23	Blair	Matthew	Gold Grinder Cycle	M	35	336	1:34:46	1:12:22	+0:22:24

MOST IMPROVED HALF MARATHON COMBINED OVERALL
(PAST PARTICIPANTS' 2023 TIMES COMPARED TO 2022 TIMES)

Rank	Last Name	First Name	Male/Female	Age	Bib	2023 Finish Time	2022 Finish Time	Difference
1	Trinh	Kathy	F	43	214	2:40:37	2:42:42	-0:04:12
2	Kincaid	Carl	M	61	211	2:38:56	2:34:44	+0:04:12
3	Jacobsen	Kathy	F	51	212	2:23:26	2:15:13	+0:08:13
4	Jacobsen	Mark	M	63	213	2:10:46	2:01:40	+0:09:06
5	Ruzicka	Duwayne	M	61	217	2:20:37	2:10:04	+0:10:33