

Mount Shasta 4th of July 5-Mile Race

List of Past Winners

2023	Men:	Henry Baun	17	Yreka, CA	26:28
	Women:	Julia Raffaini	34	South Lake Tahoe, CA	34:08
2022	Men:	Chris Morzenti	23	Dunsmuir, CA	25:24
	Women:	Deedra Irwin	30	Pulaski, WI	33:21
2021	The events for 2020 & 2021 were replaced with a virtual run/walk due to the covid-19 epidemic.				
2020	Official times were not recorded for these years.				
2019	Men:	Chris Morzenti	20	Dunsmuir, CA	24:59*
	Women:	Mallory Ward	20	Yreka, CA	34:31
		* Men's course record			
2018	Men:	Chris Morzenti	19	Dunsmuir, CA	25:54
	Women:	Sarah Anderson	19	Folsom, CA	31:35
2017	Men:	Chris Morzenti	18	Dunsmuir, CA	26:29
	Women:	Natalie Ghelfi	28	Ashland, OR	33:27
2016	Men:	Ben Keck	32	Redding, CA	26:06
	Women:	Deeann Johnson	46	Redding, CA	31:50
2015	Men:	Ben Keck	31	Redding, CA	25:42
	Women:	Deeann Johnson	45	Redding, CA	31:51
2014	Men:	Ben Keck	30	Redding, CA	25:39
	Women:	Emma Lundberg	24	Eureka, CA	31:39
2013	Men:	Ben Keck	29	Redding, CA	26:02
	Women:	Elizabeth Tedsen	28	Mount Shasta, CA	32:27
2012	Men:	Mario Mendoza	26	Bend, OR	27:06
	Women:	Johanna Fickenscher	27	Klamath Falls, OR	32:27
2011	Men:	David Braund	32	Cottonwood, CA	27:16
	Women:	Natalie Sojka	20	Mount Shasta, CA	33:31
2010	Men:	Roosevelt Cook	30	Fresno, CA	25:54
	Women:	Elizabeth Tedsen	25	Mount Shasta, CA	30:44
2009	Men:	Daniel Castle	22	Loveland, CO	26:16
	Women:	Elizabeth Tedsen	24	Mount Shasta, CA	31:17
2008	Men:	Eric Malain	19	Redding, CA	27:39
	Women:	Stephanie Ksenzulak	27	Anderson, CA	32:38
2007	Men:	Mike Davies	31	Santa Monica, CA	27:30
	Women:	Pamela Hayes	27	Fairfax, CA	33:00
2006	Men:	Tim Nelson	22	Palo Cedro, CA	25:19
	Women:	Stephanie Ksenzulak	25	Anderson, CA	31:09
2005	Men:	Tim Nelson	21	Palo Cedro, CA	25:02
	Women:	Delores Bergmann	33	Eureka, CA	30:32
2004	Men:	?			
	Women:	Amber Simmons	22	Crescent City, CA	29:42
2003	Men:	Tim Nelson	19	Palo Cedro, CA	26:25
	Women:	Sandra Branney	49	Glasgow, Scotland	30:38
2002	Men:	Perry Custance	20	Jacksonville, OR	27:48
	Women:	Michelle Hannaford	31	Redding, CA	31:18
2001	Men:	Bryce Lighthall	20	Redding, CA	25:54
	Women:	Michelle Hannaford	32	Redding, CA	30:58

2000	Men:	Bryce Lighthall	21	Redding, CA	26:42
	Women:	Allegra Porter	18	McCloud, CA	30:50
1999	Men:	Noah Marcus	20-29	Chico, CA	25:36
	Women:	Heidi Ballendorf	35-39	Maui, HI	31:28
1998	Men:	Jeremy Redding	26	Shasta Lake, CA	25:29
	Women:	Heather Holohan	30	Redding, CA	30:56
1997	Men:	Dan Olmstead	20-29	Medford, OR	25:47
	Women:	Luanne Park	35-39	Redding, CA	30:41
1996	Men:	Jim Howarth	20-29	Mount Shasta, CA	26:07
	Women:	Megan Sheehy	20-29	Redding, CA	32:42
1995	Men:	Jim Howarth	20-29	Mount Shasta, CA	25:27
	Women:	Tatiana Ivanova	20-29	St. Petersburg, Russia	29:40*
		* Women's course record			

Note: The 5-mile course was changed in 1995. The new 5-mile course generally followed the same route but was reversed to a counter-clockwise direction due to increasing congestion as the event grew in size. The new course is generally about a minute slower due to the final climb up Lake Street.

1994	Men:	Jim Howarth	20-29	Mount Shasta, CA	24:39
	Women:	Christy Olivera	20-29	Redding, CA	29:23
1993	Men:	Jeremy Redding	20-29	Redding, CA	25:18
	Women:	Linda Spaargaren	30-39	Pacifica, CA	28:31
1992	Men:	Leonard Hill	35-39	Klamath Falls, OR	24:56
	Women:	Luanne Park	30-34	Redding, CA	29:36
1991	Men:	Tim Ketron	20-29	Sacramento, CA	25:12
	Women:	Megan Sheehy	20-29	Redding, CA	31:10
1990	Men:	Kevin Ostenberg	20-29	Half Moon Bay, CA	24:50
	Women:	Megan Sheehy	13-19	Redding, CA	31:03
1989	Men:	Kevin Ostenberg	20-29	Half Moon Bay, CA	24:34
	Women:	Judi Manning	20-29	Central Valley, CA	30:41
1988	Men:	?			
	Women:	?			
1987	Men:	Jeff Townsend	30-34	Truckee, CA	24:59
	Women:	Yoshie Piles	20-29	Bella Vista, CA	28:51
1986	Men:	James Frey	20-29	Montague, CA	24:52
	Women:	Yoshie Piles	20-29	Bella Vista, CA	29:24
1985	Men:	Al Masterson	20-29	Redding, CA	26:02
	Women:	Heather Hallahan	13-19	Redding, CA	30:59
1984	Men:	Fernie Fernandez	20-29	Weed, CA	24:47
	Women:	Rebecca Franco	30-34	Mount Shasta, CA	30:55
1983	Men:	Tom Olsen	20-29	Redding, CA	25:20
	Women:	Linda Doniak	35-39	Central Valley, CA	31:22
1982	Men:	Fernie Fernandez	20-29	Weed, CA	24:47
	Women:	Tammy Moore	20-29	Redding, CA	31:07
1981	Men:	John Frank	13-19	Redding, CA	25:44
	Women:	Jennifer Daniell	20-29	Redding, CA	31:59
1980	Men: (tie)	John Frank	13-19	Redding, CA	25:50
		Jim Price	30-34	Redding, CA	25:50
	Women:	Karen Seaward	30-34	Menlo Park, CA	34:54