

BOLDERBOULDER

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BOLDERBoulder's Single-Age Top-20 Lists: A Bold Record of Racing in Boulder 204 new additions in 2025

BOULDER, CO - If you love data and tradition, the BOLDERBoulder 10K is your happy place. Since 1979, the race has been staged 45 times and has welcomed 1,500,0095 people to the finish line on the campus of the University of Colorado. And here's the truly singular part: it's believed BOLDERBoulder is the only road race in the U.S. - and possibly the world - that maintains historical single-age all-time Top-20 lists.

The lists can be found [here](#).

The single-age lists reveal the many ways people thrive at BOLDERBoulder—early breakthroughs, late-career resurgences, and long-arc consistency. They're a time-capsule of the event's competitive spirit, capturing performances from first-timers to age-group legends every year.

Who shows up the most?

These athletes appear the most times across all single-age Top-20 lists:

- **Dave Dooley** — 32 appearances
- **Doug Bell** — 24 appearances
- **Libby James** — 22 appearances
- **Don Larson** — 20 appearances
- **Laura Bruess** — 19 appearances

The longest careers on the lists

- **Women:** The widest career footprint belongs to **Ellen Hart**, spanning 44 years from her first appearance in 1981 (age 23) to her most recent in 2025 (age 67).
- **Men:** The longest spans are 34 years, shared by:
 - **Dave Dooley**, who first appeared in **1990** (age 43) and most recently in **2024** (age 77); and
 - **Verne Carlson**, who first appeared in **1983** (age 50) and most recently in **2017** (age 84).

Who rules the No. 1 spot?

- Men's #1 powerhouse: **Doug Bell** with **11** No. 1 rankings; runners-up: **Jose Cardenas** (8), **Ray Schramm** (6), **Jesse Aweida** (5)
- Women's #1 powerhouse: **Libby James** with **10** No. 1 rankings; runners-up: **Ellen Hart** (6), **Colleen De Reuck** (4)

The oldest single-age records

Some records from the early years of BOLDERBoulder remain unmatched:

- **Mark Scrutton** ran **29:38 in 1981** as a **20-year-old**, a mark that still stands as the oldest men's single-age record.
- **Ellen Hart** clocked **34:53 in 1981** at **age 23**, giving her the distinction of holding the oldest women's single-age record



New Additions in 2025

In **2025**, **204** new performances were added to the single-age Top-20 lists. Among them, 13 athletes etched their names into history by setting new single-age records:

- **Rainer Young** (age **9** Men) – 41:03
- **Andy Wacker** (age **36** Men) – 30:32
- **Emma Kenyon** (age **37** Women) – 35:48
- **Frank Zoldak** (age **58** Men) – 35:51
- **Kristine Clark** (age **62** Women) – 42:43
- **Jay Littlepage** (age **65** Men) – 40:35
- **Roger Sayre** (age **67** Men) – 40:23
- **Doug Bell** (age **74** Men) – 46:46
- **Dennis Muirhead** (age **84** Men) – 59:21
- **Constance Ahrnsbrak** (age **85** Women) – 1:16:22
- **Tom Lemire** (age **81** – Men) – 56:35
- **Jesse Aweida** (age **95** – Men) – 2:11:20
- **Ray Schramm** (age **98** – Men) – 1:58:48

Peak years of excellence

The single year with the most performances captured in the all-time age lists is **2025** with **204** entries. This broke the previous record of 196 from 2024.

From Memorial Day traditions to lifelong goals, the BB10K single-age Top-20 lists are a uniquely BOLD way to celebrate endurance, community, and the joy of racing in Boulder. See you on the start line next year.

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