

Credentials:

RRCA Certified Running Coach
USATF Level 1 Coach
Certified CPR, First Aid
Pearl Izumi Brand Ambassador
VT City Marathon Pace Team Coordinator
Former Assistant XC Coach at SBHS

Other Classes and Credentials:

Running Summit February 2015
70+ Ultra Marathons since 2005
25+ Marathons since 2002
Numerous other trail and road races
throughout New England and beyond.

PRs:

100 Mile: Burning River 100, July 2010; 16:22:54
100K: Bandera, January 7, 2012; 10:46:32
50 Mile: JFK 50 Mile, Nov. 2010; 6:29:17
Marathon: Boston Marathon 2008, 2:43:28

Some Results for Jack:

- ◆ **2015 Vermont 50 Mile**, age group winner, September 2015.
- ◆ **2015 Jay Peak Trail Festival**, 25k mountain race, VT, September 2015, 2nd Overall, **1st in age**.
- ◆ **2015 Fat Dog 120**, British Columbia, Canada. August 2015. **1st in age**.
- ◆ **2015 USATF-NE Trail Championships**, Merrimack River 10 mile Trail Race, Andover, MA. **1st in age**.
- ◆ **2014 Holiday Hundred Fat Ass 100 Miler**, Charlotte, VT. Completed the solo event in 20:47.
- ◆ **2014 Quad Rock 50 Mile**, Colorado. May 10, 2014. **1st in age**.
- ◆ **2014 Coldwater Rumble 50k**, Arizona, January 2014. 4th overall, **1st master and 1st in age group**.
- ◆ **2013 Tor Des Geants, Courmayeur, Italy**, September 8, 2013, completed the **206 mile run** through the Alps of Italy with 158,000 feet of elevation change. 74th place overall out of over 700 competitors, 110 hours.
- ◆ **2013 USATF National 100k Trail Championships**, Bandera 100K. **1st in Age**.
- ◆ **2013 Rocky Raccoon 100 Mile**
- ◆ **2013 Don't Run Boston 50 Mile**, 2nd overall, 1st in age.
- ◆ **2013 North Face Bear Mountain 50 Mile**
- ◆ **2013 Run Your Can Off. Overall winner**, 31 laps, 38.75 miles.
- ◆ **2012 Finger Lakes 50 Mile**, July 2012. **Overall winner**.
- ◆ **2012 Massanutten 100 mile**. 4th overall, **1st in age, new age group record**.
- ◆ **2012 Traprock 50K Trail Race**, Bloomfield, CT. 2nd place overall, **1st master and 1st in age**
- ◆ **2012 FebApple Frozen 50 Mile Trail Race**, Maplewood, NJ. **Overall winner and new course record**.
- ◆ **2012 USATF National 100k Trail Championships**, Bandera 100k, **age group winner and new age group course record**.
- ◆ **2011 Vermont 50 Mile**. 5th place overall, top master and **age group winner**.
- ◆ **2011 Ultra-Trail du Mont Blanc**, Chamonix, France. 22nd overall out of 2369 runners, 3rd American and **age group winner**.
- ◆ **2011 North Face Bear Mtn. 50 Mile. Age group winner**.
- ◆ **2011 Bull Run Run 50 Mile**, Virginia. 4th Overall, **age group winner, age group course record**.
- ◆ **2011 USATF National 50 Mile Trail Championships**, Spring Rocks, Texas. 5th overall, **age group winner**.
- ◆ **2010 JFK 50 Mile Race**. 10th place overall, **age group winner, age group course record with a time of 6:29:17**
- ◆ **2010 USATF National 100 Mile Trail Championships** held at the **Burning River 100 Mile Race**. **3rd place overall, age group winner and I believe a new age group record** with a time of 16:22:54.
- ◆ **2010 Finger Lakes 50 Mile Trail Race**. 2nd place overall, masters winner and set a **new master's course record**.
- ◆ **2010 North Face Bear Mountain 50 Mile Trail Race. Age group winner and new age group record**.
- ◆ **2009 Top 10 Fastest Times for a 100 mile race** based on the 2009 VT 100 Mile Endurance Race.
- ◆ **2009 VT 100 Mile Endurance Race**, July 2009, **overall winner** with a time of 16:36:21.
- ◆ **2009 Finger Lakes 50K Trail Race**, July 4, 2009. **Overall winner** with a time of 4:16:22.
- ◆ **2009 Stone Cat 50 Mile Trail Race**, 3rd Overall, **1st Master** with a time of 6:51.
- ◆ **2009 Nipmuck Trail Marathon**. 2nd Overall, **1st Master, new age group record**.
- ◆ **2009 North Face Bear Mountain 50 Mile Trail Race**. 4th Overall, **1st Master with a new age group record**.
- ◆ **2009 Ultrarunning's North American Age Group Performances of the Year** for Men, 2nd place based on the VT 100 mile race. Also received votes for Overall Performance of the Year.
- ◆ **2009** In addition to ultra running competed in two **USTAF National Team Club Championships** with the Green Mountain Athletic Association 50's team. The GMAA Team came in 1st place for both the 5K Road Race in Syracuse, NY in October of 2009 and also the 10K XC Race in Lexington, Kentucky, Dec. 09.
- ◆ **2008 Wasatch Front 100 Mile Endurance Race**. 3rd Overall, **first in age group and new age group record** with a time of 21:47:43.
- ◆ **2008 Finger Lakes, 50 Mile Trail Race**. 2nd Overall, **1st Master, new masters age group record** with a time of 6:55:13.