

## **Marathons & Triathlons**

2010 Los Angeles Marathon

2010 Long Beach Marathon

2011 Los Angeles Marathon

2011 Boulder CO, 70.3 Ironman Triathlon

2012 Los Angeles Marathon

2012 140.6 St George Utah, Ironman Triathlon

## **Cycling & Hiking**

**2012 John Muir Trail**, *backpacking, 16 days 213 miles*

**2012 Rim to Rim**, *Day hike 27 miles, South Rim Grand Canyon to North Rim*

**2013 Cactus to Clouds**, *Day hike 24 miles, Palm Springs desert floor to Mt San Jacinto summit*

**2013 Los Angeles to Las Vegas** *bicycle ride 285 miles, 20 hours*

**2013 Idaho Springs CO, to Mt Evans Summit**, *bicycle ride 27 miles, highest paved road in North America 14,265 ft*