

100 x 100-milers

Davy Crockett

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By Davy Crockett



Both a podcast episode and a full article

(Listen to an old podcast episode too, with audio clips from some of the runners.)



The 100 x 100 Club
100 100-milers

RUNNING 100 MILES PART ONE

A History (1729-1960)



**Sidney Hatch 1916
Milwaukee to Chicago**

Davy Crockett

Early history of 100-milers

The sport of running 100 miles competitively has existed for multiple centuries. In the 1800s, the most prolific 100-mile runner was Frank Hart (1856-1908), a black runner from Boston, Massachusetts. He reached 100 miles in at least 85 of his races across his 25-year running career. Most of those races were six-day races where he usually ran far more than 300 miles.

In the modern era, by the mid-1970s, running 100 miles in competition started to become more available to anyone. Before 1980, no one ran dozens of 100-milers during their running career, only a handful of 100s. Ultrarunning legend Ted Corbitt (1919-2007) ran fewer than ten 100-milers.

By the end of 1999, a few prolific ultrarunners had piled up 100-mile race finishes. Richard and Sandra Brown of England were way out in front with 87 and 82, reaching 100 miles in both running and walking events. Ray Krolewicz of South Carolina was next with about 60 100-mile finishes to his name. Don Choi, the prolific multi-day runner from San Francisco, had more than 40 100-mile finishes but had retired from 100-mile running in 1997 at the age of 48. The world's greatest, Yiannis Kouros had an estimated 40 100-milers, most of them wins. As the decades passed, in 2026, there were 39 talented ultrarunners who had achieved 100 100 milers in organized races. Who are they?

Recent News:



Michael Ortiz, age 43, from Brooklyn, New York, finished his 100th race of at least 100 miles on July 26, 2026, at the Next Loop 100 in Roland, Arkansas. He became the 39th person in the world to reach this milestone. In addition, he accomplished finishing a 100-mile race in all 50 states. He also proved that determined back-of-the-pack runners can achieve 100×100.



Michael started running after his older brother, David Ortiz, died at the age of 29 after he was hit by multiple vehicles while riding his bicycle to work in San Diego in 2012. David was training for his first marathon at the time and never got a chance to run it. Michael ran the New York City Marathon in his honor. After David died, Michael realized that life is too short and unpredictable and made it a goal to live life to its fullest. He decided to run further and started ultrarunning in 2014. He finished his first 100-miler the following year.



To push himself harder, Michael had a goal to complete 100 100-milers in 100 consecutive weeks in all 50 states, a challenge he called the Game of Hundos. This resulted in 43 official 100-mile finishes in 2019, and including unofficial 100s, he reached a streak of 69 weeks when the pandemic shutdown occurred. To continue, he set up a 40-foot track in his Brooklyn apartment and live-streamed 60 hours of running 13,200 loops around this track to complete 100 miles.



He livestreamed his 100-mile runs for 9 more weeks (1,000 total miles in his living room) until the lockdown ended. After his Game of Hundos ended, Michael continued his journey to reach 100 official 100-mile finishes in order to join the 100×100 Club.

Michael regularly competes in over 100 races per year, peaking at 128 recorded events in 2017 before focusing solely on 100s in late 2018. He lives bi-coastally, splitting his time equally each week between Los Angeles, where he works, and New York, where he lives.

The 100×100 Club

Determining how many 100-mile+ race finishes a person has is a hard task because there is no official list and no single database has a complete list of results. The criteria I and others in this “club” have used to count 100-mile races includes:

An official race, overseen by a race director, where 100 miles (161 kms) or more is achieved within a 48-hour period. Results are found on ultrasignup.com, DUV database, or verified with a race director. 100 miles must be reached within the established cut-off time for the race.

A race of more than 100 miles is counted as only one, even if hundreds of miles were reached in the race. If the race (example, a 200-miler), is DNFed, it does not count even if 100 miles was covered.

Solo 100-mile runs, outside of an official race are not counted in this list even if verified. Most of those in this club additionally have accomplished several solo 100s in addition to their formal races.

For 2020-only, virtual races are counted.

I will attempt to share those who have reached 100-miles 100 times during an organized race. It is possible that I have missed someone. Please let me know so I can update the list.

The 100×100 runners have many things in common. All are very mentally tough, stubborn about not quitting, fairly obsessive, train year-round, and never envisioned reaching this milestone. Most of them have ventured into multi-day events later in their career and can go well over 100 miles in a single event. All developed the ability to run at least one 100-miler each month and learned how to avoid significant injury. Here are the athletes in order of reaching the 100×100 milestone:

Sandra Brown of England with at least 223, most were achieved in walking competitions

Richard Brown of England at least 153, most were achieved in walking competitions

Martina Hausmann of Germany with at least 143 including nearly 50 200+ milers

Hans-Dieter Weisshaar of Germany with 140

Monica Scholz of Canada with at least 125. She finished 25 in one year

Dan Brenden of Arizona with at least 132

Ray Krolewicz of South Carolina with at least 117. Started running 100s before anyone else in the group.

John Geesler of New York with at least 142

Ed Ettinghausen of California with at least 310, the world's best. He finished 52 in one calendar year, for a world's best.

Mike Smith of New Mexico with at least 250, second in the world, and still piling them up.

Catra Corbett of California with at least 144

Susan Donnelly of Tennessee with at least 150

John W Taylor of Minnesota with at least 115

Liz Bauer of Georgia with at least 122. She finished 36 in one year

Davy Crockett of Utah with at least 110

Heike Pawzik of Germany, with at least 103

Louise Mason of Illinois with at least 118

Frederick F Davis III of Ohio with at least 112

Pam Reed of Wyoming with at least 122

Keith Straw of Pennsylvania with at least 120

Tobie Reyneke of South Africa, with at least 112

Yen Nguyen of Texas, with at least 123

Ray Sanchez of California, with at least 111

Greg Trapp of Ohio, with at least 108
Gilles Pallaruelo of France, with at least 104
Van Phan of Washington with at least 104
Ken Fancett of England with at least 107
Will Sprouse of Kansas with at least 115
Bobby Keogh of New Mexico with at least 105
Kim Sergeant of Texas with at least 111
Jim Lampman of New York with at least 105
Gary Dudney of North Carolina with at least 100
James Bennett of England with at least 100
David Corfman of Ohio with at least 100
Walter Handloser of Colorado with at least 100
Jess Mullen of Washington with at least 100
Mark Tanaka of Hayward, California, with at least 100
Ronald Ross of Medina, Ohio, with at least 100
Michael Oriz of Brooklyn, New York, with at least 100

In 2019, Matt Watts, of Colorado finished his 95th 100-miler, determined to reach his 100th in a few months and join the club. Sadly, he suddenly passed away before he could reach his goal.

Honorable mention: A few runners enjoy doing solo 100-mile training/adventure runs in addition to their races. Those informal runs are not counted as races for this club. Phil Lowry of Washington has at least 100 100-mile runs, with about 25 solo 100-mile runs. Rosie Gagnon, of Utah, has more than 94 100-mile runs, with dozens of solo 100-mile runs honoring her son's memory. She has her sights on qualifying for the club.

Davy Crockett recently published three books on the history of 100-milers. Get them on Amazon. Running 100 Miles Part One: A History (1729-1960), Running 100 Miles Part Two: A History (1961-1976), and Running 100 Miles Part Three: A History (1977-1979)

Sandra Brown



Sandra Brown (220+ finishes), age 75 in 2024, of England, is the world's greatest woman ultra-distance walker ever, but she was also a world-class ultrarunner and still is for her age-group. In 2018, she was 68-69 years old and completed eleven 100-milers that year, including some sub-24-hour 100-milers. Her 200+ 100-milers came in several different types of walking and running events on tracks, roads, and trails. It wasn't until this article was published that ultrarunners in America became aware that she actually had achieved more 100-milers than anyone in the world. Among her 200 100s, Sandra has completed about 130 100-milers in events that were judged by racewalking rules. But she also completed 100 miles in more than 30 ultrarunning events. Others were walking events where you could walk any way you wished to reach 100 miles.



In Belgium

Piling up 100-milers while living in England is very impressive because there are far fewer events compared to the US. Sandra wrote, "I've always envied athletes in the USA where there are so many ultra-distance and 100 miles events! In the UK there are now several, mainly off-road, 100s, and a couple of 24h events. In 1982, Sandra and her husband started to compete in 100-mile events and quickly excelled. In 1984, at the age of 35, Sandra finished six 100-milers. At Leicester, England, she finished her lifetime racewalk 100-mile best time of 18:36:24, which also was a women's best for Great Britain. She had established herself as a world elite ultra walker.

But Sandra ran too. Just a month later in 1984, Sandra ran in her first 24-hour event at Chorley, England, and reached a staggering 131.1 miles, setting a new world record. Across the Atlantic in America, women greats had been increasing the world 24-hour record a few years before, but in 1984 Sandra claimed the record for her own. She also went very far, reaching 426 miles in 1994 at Sacramento, California, reaching 1,000 miles in 1996 in Austria, in less than 15 days, and walking Great Britain end-to-end 840 miles in 1995, in 13 days, 10 hours.

Sandra achieved her 100th 100-miler in 2001, her 150th in 2012, and early in 2019 she was the first to reach 200×100. She still holds world racewalking records on track for 100k, 100 miles, 12 hours, and 24 hours. In 2018 at the age of 69 she achieved two sub-24-hour 100s at two running events along with her other nine 100s that year. Among her total 100+ events have been an impressive world best of 54 judged "Centurion" racewalks (100 miles in less than 24-hours).

Richard Brown



Richard in Athens

Richard Brown (150+ finishes), age 77 in 2024, of England, is Sandra's husband. They both started walking and running 100 miles in 1982. The year 1988, at the age of 45 was a huge year for Richard. He logged a total of 5,936 miles. He first broke the world record walking Ireland end-to-end, 375 miles in 4 days, 12 hours. He then ran in the Sri Chinmoy 1,000 mile race held in New York, reaching 518 miles in six days, setting a British record. He then ran 144 miles in 24 hours at Preston, England. He then set a world record walking the Great Britain end-to-end, 826 miles in 10 days, 18 hours.

Richard's best time racewalking 100 miles was 16:50:28 in 1993, that in 2018 was still the second-best British time ever. In 1991 he became only the sixth person in history to go over 400K at a 48-hour race. Richard reached 100×100 milers in 2004, second only to Sandra. As he reached 60 and beyond he set world age group records for six days. Richard generously gave back to the sport as a coach. For about ten years, Richard served as the team manager of the British Ultramarathon team. The men's team became World Champions in 2015 at Turin, Italy. By the end of 2018, he had achieved more than 132 100-milers and was still being signed up by Sandra for more.

Martina Hausmann



Martina Hausmann (140+ finishes) age 63 in 2023 is from Germany. She started running ultras around 1988. She is likely the most prolific multi-day runner in the world, participating in more than 80 events. She runs and walks and is known to be relentless. She also is likely the world leader in 200+ milers with about 50, and is a four-time finisher of Spartathon, finishing in 4th three times. She has about 40 women's 100-mile+ wins, and a regular winner at Across the Years.

Martina has excelled at 1000+ mile races with an amazing eight finishes, always on the podium. Her best 6-day was 470 miles. She has set world age group records for 48 hours and ran in the 2009 Trans-Europe race, 2,787 miles. Since 2019, she has not finished any 100 milers.

Hans-Dieter Weisshaar



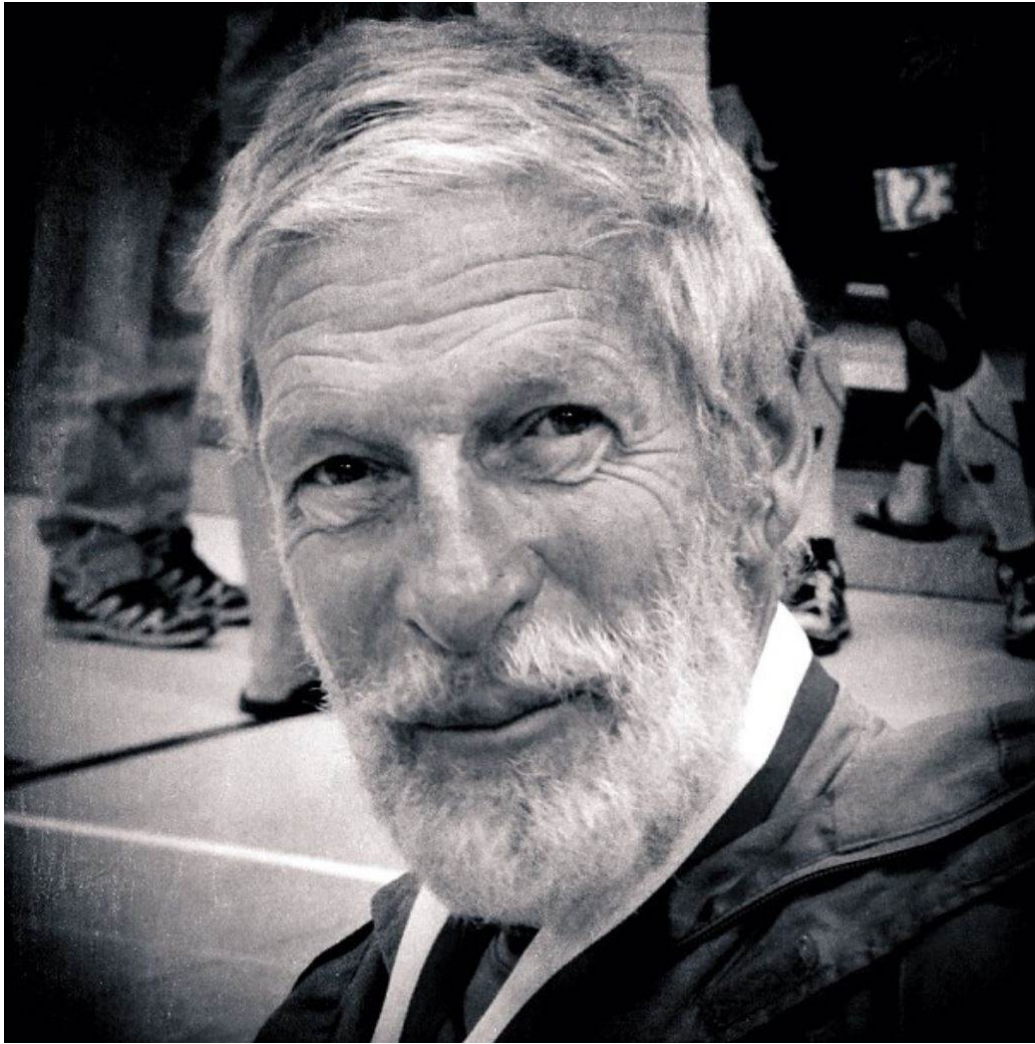
Hans-Deiter Weisshaar (140 finishes), age 82 in 2023, is from Germany. Hans started running at age 46 because he was overweight. Before then, he said he was a typical “couch potato” and back in school didn’t participate in sports. He was laughed at by his classmates when he tried participating in sports. He started running ultras in 1987 at the Swiss Alpine Marathon (67K) and started running 100s at the age of 58 when most 100-mile runners have already retired from the sport. After running Kettle Moraine 100 in 1999, he became addicted to running 100 miles. His fastest 100-miler was the 2000 Rocky Raccoon 100, which he finished in 20:39 at the age of 59. Hans was a medical doctor and retired in 2002 at the age of 62, giving him more free time to travel and run.



Hans holding one of his many Rocky Mountain Slam awards

One year, Hans finished an astonishing twenty 100-milers in one year. What was totally impressive is that his finishes each year always included some of the toughest 100s in the world, including Hardrock 100. He coined a “Super Slam”, to finish four tough mountain races in a single year that didn’t need to include the easier and hard-to-get-into, Western States 100. In 2007, he finished his 100th 100-miler at Hardrock 100. There were rumors that he was going to retire from running 100s, but he didn’t. Hans had many 100-mile DNFs along the way.

100 100 milers! Hans was the king of 100s in America. Hans’ last 100-mile finish was at The Bear 100. In 2014 where he finished with a little more than an hour to spare. After some DNFs, he retired from attempting to run 100-milers. In 2021, he was 81 years old, dealing with health issues not related to running, and we all wish him well.



Hans once said, "To survive and finish any 100-miler you must be mentally strong. You have to be convinced that you will finish and keep moving and moving. Each race is different. You have moments when you think you are an idiot, what are you doing out here instead of sitting in front of the TV and eating chips having fun with music. But then you finish 100 miles. You are the big guy for yourself. Your life is totally different." One of his favorite sayings was, "A 100-mile race is 90 percent mental, and the physical is the other 90 percent."

Others have reached the 100 100-miler milestone, but I consider Hans the "Babe Ruth" of 100s in America, the person who showed us all what was possible. During his full career, he has amassed 140 100-mile finishes.

Monica Scholz



Monica Scholz (about 125+ finishes), age 56 in 2023, is an attorney from Canada. She has a long list of accomplishments. She began her 100-mile running career in 1999, at the age of 31. She was fast with a 2001 18:48 overall win in Ohio. She also won the 2004 Trail Runner Series, female ultra division. In 2010, she set the best for most 100-mile finishes in a year at 25 (Later broken by Liz Bauer and then by Ed Ettinghausen). She has finished the very tough H.U.R.T 100 eleven times and Badwater seven times.

Monica once said, "Tuning out during a 100 is a nice break for me and allows me some fresh perspective when I get back to work. Also most of my 100s were on trails, which is another reason why I loved them so much. 100-mile races are peculiar events, and I think for the most part they tend to be along the prettiest trails in any given province or state." On how to finish, she said, "You have to be very determined and stubborn. The mental determination allows you to get through. Make sure you have your head together, keep your focus, don't waver." Monica's last 100-mile finish was in 2013.

Dan Brenden



Dan Brenden (132 finishes), age 72 in 2023, from Phoenix, Arizona is a humble, friendly runner, and good friend of mine. He started his 100-mile career about 2002 at the age of 51. He has completed the grand slam of ultrarunning eight times, more than anyone in history. I've shared many miles with Dan. You will always see him smiling and running in his short shorts. DNFs are becoming more frequent for him, but he is tough as nails and continues to do what he enjoys. He is very humble about his amazing accomplishments. His last 100-miler was in 2018.

In 2016, after we ran at the same race near Las Vegas, Dan sent me a note that contained: "I was impressed how hard you were pushing it even so early in the run—any way you were impressive and motivating that I really need to follow your example more and push harder—I did sprints this morning—not fun but did it—OH well it was a start in your direction. Very Nice Davy thanks for getting me going in the right direction." Amazing! I totally look up to him, but he is always looking to others to improve.

Get Davy Crockett's best-selling book, Grand Canyon Rim to Rim History. Learn all about the history of hiking and running across the Canyon for your next rim to rim run.

Ray Krolewicz



Ray Krolewicz (117+finishes) age 68 in 2024, is a pioneer legend of modern-day ultrarunning. Of the entire group, he was the fastest 100-miler in his early days with a 13:58 in 1988 at Flushing Meadows in New York City. It is believed that he has finished more than 500 ultras and has more than 80 ultra wins. But even more important than these accomplishments, Ray is the champion for the common ultrarunner. He has taken on the role of mentor to the younger generation of ultrarunners, preaching that “there are no such thing as junk miles.” At the races, you will see him giving advice to young runners, helping them reach their potential, and cheering them on. It has been said, “If Ray K ever gives you advice on ultras, take it to the bank – it is good as gold.”



Along his way to more than 100 100-milers, Ray set records and excelled, especially running 48 hours. He kept raising his American record and at one time held the four best 48-hour American performances in history. His best was 224 miles in 1984, set in France. In 1984 he was the first American to finish Spartathlon in Greece. Of Ray, Gary Cantrell (Laz) wrote in 1989, "Unarguably, he remains a fierce competitor and given the opportunity will crack the unwary opponent like an egg shell." Ray doesn't talk a lot about his amazing accomplishments and would rather encourage and help others. He still is running, finishing his most recent 100-miler in 2021.

John Geesler



John Geesler (142+ finishes), age 65 in 2024, is from New York. John was a world-class 24-hour and multi-day runner. He has run marathons for many years and as of 2018 has a streak of 31 straight Boston Marathon finishes. In 1991 he started running 100-milers, his first at Vermont 100. "I ran a lot marathons and heard about ultras. I thought 100 miles sounded a little crazy, so I tried a 50-miler. That went so well I figured I'd try a hundred. At the time, there were only seven hundreds in the country. Being from New York state, Vermont was the easiest to drive to, so I signed up." By 2018 he had finished an astonishing 26 Vermont 100s. He said, "The scenery and atmosphere are intoxicating. It's a very laid back state. I love the horses and the whole package."



John ran trail 100s for many years but in 1996 started to run 24-hour races at Olander Park in Ohio and he quickly developed into a world-class 24-hour runner on the flat surfaces. In 2000, he ran an amazing 157 miles at Olander and in 2004 set an American road 48-hour record of 400k (248 miles) at Across the Years, a record that stood until 2011. John could run 100 miles faster than 15 hours, including a 14:44:44 split at 2004 Olander. He is a humble, quiet, steady runner who has the ability to fight off sleep and stay on the track better than anyone else. As six-day races returned, in his late 50s he became one of the best. In 2015, he reached his best of 437 miles. He has the most career miles at Across the Years, with 4,541 miles in his 15 years there. He is a 3-time USA 24-Hour Run National Champion and 5-time national team member. I'm proud to call him my friend. John said, "I don't train, so much as I just go run. Don't have a log, or keep track of miles or time. I just want to enjoy the run."

Ed Ettinghausen



Ed “Jester” Ettinghausen (295+ finishes), age 62 in 2025, is from California. He passed Sandra Brown in August 2021 for the most career 100+ mile race finishes. I met Ed for the first time in 2010, when he came to run my Pony Express Trail 100. He was very early into his ultrarunning career with only four 100-mile finishes. When he ran Pony Express, he was still experimenting with hats and wore a coonskin hat in my honor. Shortly after that, he settled on his famed jester attire.

Ed, the Jester, wore a full Jester costume for most of this 100s. He went on to run 135 marathon distance runs in a year, and in 2014 finished 41 100-mile+ races in a calendar year, a world best at the time. He embraced the Jester theme well and has his own “Jester Nation.” Ed is kind to all and very encouraging, usually with a group of runners following after him. He broke several age group American records for long distances. In April, 2016, he ran 717 miles in ten days at Sri Chinmoy.

At all the fixed-time races with Ed, when the direction of running changes, you will see the Jester coming toward you ringing a cowbell, blowing a train whistle and giving high fives. Ed said, “If I can bring some fun to the race, that’s my goal. I don’t take myself too seriously during a race, I want to have fun, have adventures, and make memories. I love nature, the trails, and the courses but it’s the people. I love all the people. I love big-scene marathons—the energy, the interactions. This is what really keeps me going.” Ed achieved 200 100+-milers in 2021. In 2024, he again claimed the record for the most 100-milers in a calendar year, with 52.

Mike Smith



Mike Smith (235+ finishes) age 67 in 2024, is from Indiana, and now living in Santa Fe, New Mexico. He started running in 1995 with a goal to finish a marathon. That evolved into finishing his first 100-miler at Umstead 100 in 1999. Mike has taken his running talents all over the world including Antarctica. He finished the Grand Slam of ultrarunning in 2014 and in 2016, he achieved his 100th 100-mile finish. He hopes to finish a 100-miler on every continent.



Like all the others in this group, he has emphasized the grueling mental strength needed to accomplish this milestone. "Some people who are more qualified will give up mentally. You can't undo what happens. You have to overcome." Mike said to distract himself from the pain. He enjoys the scenery. In order to race so many 100s, he explained that there is no off season. He said, "I'm never really competitive. I'm not the fastest, but I finish." For Mike it isn't about collecting the buckles, "it's the people, I keep collecting friends, because it's such a neat community." Into his 60s his is still one of the most prolific 100-mile runners with at least 20 finishes in 2021. He achieved his 200th 100-miler on April 2, 2023, at Umstead 100, the site of his first 100-mile finish.

Catra Corbett



Catra Corbett aka “Dirt Diva” (144+ finishes) age 59 in 2024, from California can’t be missed on the trail with her colorful dress, more than 50 tattoos and many piercings. She took up running in 1996 after finding herself in jail in 1994, a meth addict. She had abused drugs and alcohol for 20 years. She cleaned up her life, overcame her addiction, and instead became addicted to running 100 miles. She started running 100s in 1999 at the age of 34. In 2004 she did the 424 mile round-trip of the John Muir Trail over many 12,000 and 13,000 peaks in just over 12 days, a feat which no one has attempted to break yet.

Her advice for life: “Always think positive. You know, things will always be better, even if you hit a rough patch in life, just use what you learned from your running: go through it, keep going, always remains positive. Sunshine behind the dark clouds!” If you count Catra’s additional solo-100+ milers, she had completed more than 140 100+ milers. She has moved up to be a regular at 200-mile events. She is the author of the 2018 book, *Reborn on the Run: My Journey from Addiction to Ultramarathons*.

Susan Donnelly



Susan Donnelly (150+ finishes), age 61 in 2024, is from Tennessee. She ran track in high school and quickly discovered that she performed well in the long distances, but in the 1980s there wasn't much support for girls who wanted to run long. She took part in 5 and 10ks and eventually ran a marathon. When she read about Ann Trason running Western States 100 in a magazine, she wanted to run 100 miles. But after a burst appendix and almost 10 years of diversions, she finally started running ultras in 1996 and she eventually ran her first 100 at Superior in 1999 in Minnesota. Her 100th also came at Superior in 2017.



Susan wrote about her 100×100 accomplishment. “I never set a goal to run 100 100-mile races. I mean, not at the start. Not until late last year when I noticed I was getting close. And of course, that would be cool. When I started running 100s, I set out to do one. One. Uno. That’s all I saw. I had such a hard time even wrapping my mind around the distance, it was all I could do to focus on it enough to run it. I didn’t imagine running 100 of them, much less aim for it.” In 2018, Susan continues to run 100s, with eight finishes included a 240+-miler. She is now a life coach.

John W Taylor



John W Taylor (115+ finishes), age 63 in 2024, is from in Minnesota. He started running ultras in 2001 and ran his first 100-miler in 2005 at San Diego 100. He completed his 100th 100-miler together with Susan Donnelly at 2017 Superior 100. Earlier that year, John had encouraged me to join both of them for my 100th, but I was too far behind to catch them.



John has shared many tales of his 100-milers, including an experience while running 2015 Grand Mesa 100 at nearly 10,000 feet. “At about mile 88, I was running at a pretty good pace downhill on a smooth gravel road and a pickup truck pulled up alongside me. As he’s driving alongside me, he was telling me that I was quite the athlete to be out there running at that altitude. It was so odd to be out there alone for so long and to have some random guy out there driving by me trying to engage me in a conversation as I am running down a road. He also had no idea that I was in a race and that I had been out there for the last 28 hours.” I’ve run many races with John, who is always so friendly. Living in Minnesota, John doesn’t shy away from the difficult cold-weather races. He has finished Arrowhead 135 five times and to cap off 2018 finished Tuscobia 160-miler in 64:18.

Liz Bauer



Liz Bauer (122+ finishes), age 65 in 2024 is from Georgia. She ran her first ultra in 2001 after overhearing some people talk about them on a bus ride. The next year she finished her first 100-miler. In 2012 she accomplished the world's best, with 36 100-mile finishes in a calendar year (breaking Monica Scholz' best later increased to 41 by Ed Ettinghausen). She was accompanied by Scott Brockmeier, who ran 27 of them with her. Liz said, "You can't imagine the logistics." The cost of accomplishing something like that was astonishing, about \$25,000.

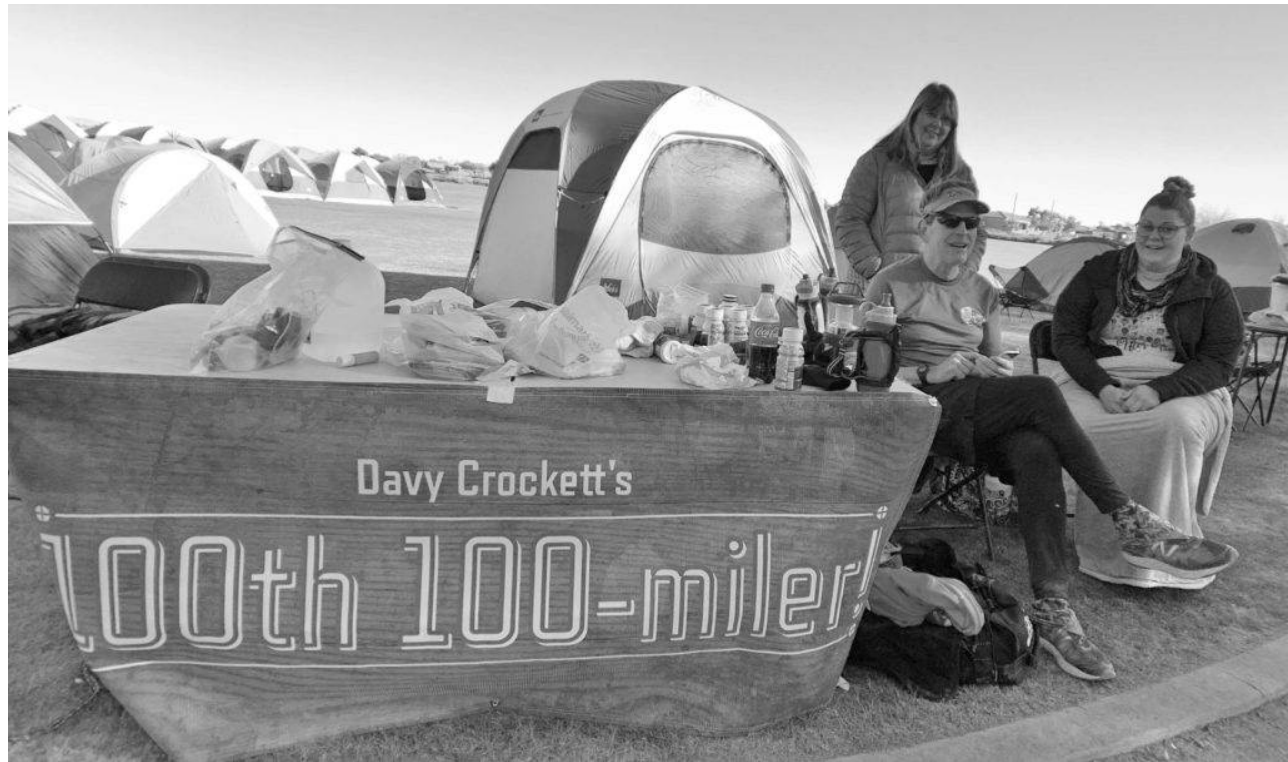
After it was all over, Liz said, "We're so tired. We're a little broken too. It's going to take a while to put ourselves back together. But mostly we're just tired." Scott said, "I'm not surprised that Liz pulled off our goal and more. DNFing is not in her vocabulary." She said, "Quitting was never an option. I ran through some pain, but never enough to stop me." Asked about running so many back-to-back 100s, Liz explained, "I have learned that we can do so much more than we think. It is the hardest times in life we remember. A painful struggle can turn into a glorious victory if you are patient and believe in yourself." She continued to run 100s through 2020.

Davy Crockett



Davy Crockett (109 finishes), age 66 in 2024 (that is me.) I never had visions of finishing many 100-milers. I was an average athlete. When I finished my first at 2005 Rocky Raccoon 100, I was thrilled but managed to only finish one more 100 that first year. For years, I never had any hopes or goals on how many 100-milers I might one day finish, but with each year, my finishes started to pile up. In 2011, I did set a goal to finish ten 100s that year and reached it, finishing my 47th 100. I noticed that on one list, it looked like I was among the top-20 for career 100-mile finishes. When I experienced a severe tibia stress fracture in 2012, I wondered if my 100-mile days were over and if I would ever reach 50 100-mile finishes. I eventually recovered and finished my 50th that year at The Bear 100.

In 2013, I discovered that by running at least a 50K run every Saturday, my strength to run 100-milers often increased and that I could recover very fast. That became my quest. I only averaged running 2.5 days per week to spend time with my family, but I still averaged running 62 miles per week by using the long run. My best year for long runs came in 2015 when I ran 40 weeks with at least a 50K run. For 2015, I finished eleven 100-milers, in 2016, a personal best of twelve, and in 2017 eleven. I reached 75 finishes in early 2016 and I finally considered the possibility of one day reaching 100 finishes. So, I set my sights on the 100×100 goal.



By the end of 2017, I had finished 97 100s and the 100 finishes mark seemed within reach very soon until I became injured at Rocky Raccoon on its hurricane-ravaged course early in 2018. Surgery followed. Healing didn't happen as I hoped, and I started to refer to myself as a "former ultrarunner." Healing came, and I did careful low-mileage training and managed to finish two more 100s in October and November. I then decided to make "Across the Years" my 100th 100. It seemed fitting because I had a long history running there and accomplished my only sub-20-hour 100-milers there and PRs at all ultra distances. It all worked out to close out 2018. I had a wonderful time finishing my 100th 100 and sharing the track with so many friends.

Get Davy Crockett's new book, *Frank Hart: The First Black Ultrarunning Star*. In 1879, Hart broke the ultrarunning color barrier and then broke the world six-day record with 565 miles, fighting racism with his feet and his fists.

Heike Pawzik



Heike Pawzik (103+ finishes), age 60 in 2023, is a legendary ultrarunner from Germany. She started running ultras in Germany in 1991, has finished more than 200 ultras all over the world, and has won about 20 races of 100 miles or more. She reached her 100th 100-miler in about 2019. She is an eight-time finisher of Spartathlon (152 miles) in Greece, including two third-place finishes. Pawzik has competed in many very long stage races and gained fame by finishing fourth in the 2009 Trans-Europe Run (about 4600 km/2858 miles) in 64 days from Denmark's northernmost point to Gibraltar in southern Spain. She has also competed in the United States. She finished the 1997 Western States 100, won the 2004 Ultracentric 48-hour with 164 miles, finished the 2006 Badwater Ultramarathon, and took 3rd at 2008 Across the Years with 200 miles.



In 2003, at the age of 40, Pawzik set a world age-group record for 48 hours with 203 miles. Also, that year she achieved her lifetime best 24 hours distance at the World Championship in Uden, Netherlands, with 125.5 miles. She has raced mostly in Germany, but also competed in far places such as Marathon des Sables, Alaska, the Yukon, Japan, and Reunion Island. In 2021, at the age of 58, Pawzik continued to run and most recently finished 4th in the 2021 Deutschlandlauf (Germany Run) 823-mile stage race that runs the length of Germany, ending at its high-point on the Austrian border.

Louise Mason



Louise Mason (118+ finishes), age 71 in 2024, is from Chicago, Illinois. She is a bit of an outlier from this rest of the bunch. She demonstrated that you don't need to be fast to finish 100+ 100-miles, you just need to be very determined and consistent. Louise finished her first 100-miler at Vermont in 1993, at the age of 40. She broke her shoulder in her second 100 at Arkansas Traveler, but still finished.

Most of Louise's 100s were run in the Midwest and Eastern United States. Her fastest 100-miler was accomplished in just under 24 hours. She has generally been a back-of-the packer staying carefully ahead of cutoffs. She is a twenty-time finisher of Umstead 100, and eleven-time finisher of Heartland 100. Louise reached her 100th 100-mile finish in November, 2019 at Boundiful in Chicago. In 2020, she was still continuing to compete in 100-milers.

Frederick F Davis III



Frederick F Davis III (112+ finishes), age 76 in 2024, is from Bedford, Ohio. Fred finished his 100th 100-miler on December 13, 2019, at the 20-day running festival at Johannesburg, South Africa, where he placed 3rd out of 15 runners and reached an incredible 809 miles (1302 km) in the longest footrace held in the southern hemisphere. He started running in 1982 when he was 34 years old and ran his first ultra in 1986. He has always been mostly a long-distance road specialist, but has accomplished some difficult mountain 100-milers, including HURT 100 in Hawaii and Cascade Crest 100 in Washington. He has also finished Mohican Trail 100 eleven times. Fred's first 100-miler was accomplished in 1991 at Mohican Trail 100 in Loudonville, Ohio, with a time of 28:51. His most 100-mile finishes came in 2008, when he finished eleven.



Fred, always smiling as he runs, is a very accomplished multi-day runner who has finished Vol-State 500 km four times. He has also competed in an amazing 12 Sri Chinmoy 10-day races in New York City. His best finish came in 2010 with 504 miles. Fred's best 24-hour run came at 1998 at Sri Chinmoy 24 hour race in Ottawa, Canada, where he placed 3rd and reached 113 miles. His fastest known 100 miler was accomplished at 2004 Olander Park 24 Hour Run in Sylvania, Ohio with a time of 21:02:45. He has finished marathons in all 50 states. In 2013, he was inducted into the Black Distance Runners Hall of Fame as one of its inaugural members. He continues to run and has finished more than 300 ultras and more than 500 ultras and marathons.

Pam Reed



Pam Reed (122+ finishes), age 63 in 2024, is from Jackson, Wyoming. She grew up in Michigan, was always active and athletic, and after college, moved to Tucson, Arizona. She began serious long-distance running in 1989 when training for Ironman competitions and finished her first 100-miler in 1992, the Wasatch Front 100. That began her love for running that distance and since then, she has finished at least one 100-miler every year.



Pam quickly excelled in ultras and wins came. She won her first 100-miler in Tucson in 21:30:00 and broke 20 hours with a win at 1998 Old Dominion, completing the Grand Slam that year. Living in Arizona, she was used to running in temperatures over 100 degrees and in 2002 wished to give the famous Badwater Ultramarathon (135 miles) a try in Death Valley. With already twenty 100-mile finishes, she was not the typical Badwater rookie and gained serious fame when she became the overall winner in 27:56:47. That

began her long association with Badwater, where she finished 11 times, all podium finishes with three wins. After her second Badwater win, she made a classic appearance on the David Letterman Show.



In 2003, she started to compete internationally on the U.S. 24-hour team and finished 6th at the World Championship at The Netherlands with 134 miles. A month later, she broke the American Women's 24-hour record with 138.96 miles at San Diego, California, a record she held for 25 years. For her accomplishments that year, she was named the USATF Women's Masters Ultrarunner of the Year and the #3 top sports figure in Arizona for 2003.



In 2005, Pam received national public fame when she ran 301 miles in 79 hours without any sleep on a flat frontage road next to Interstate 10, north of Tucson, beating an unofficial record for sustained running that Dean Karnazes had recently set at 262 miles. In 2009, she took her sleep-deprivation talents to New York City and broke the women's American six-day record with 490 miles.



Pam not only ran, but she has given back to the sport and organized many races. In 1995, as a marathon in Tucson was dwindling, she founded and directed the current version of the Tucson Marathon which she now also owns. She has run more than 100 marathons, with 2:59 as her personal best, and has finished more than 170 ultras, with at least 25 wins.

In 2019, she became aware that she had 85 100-mile race finishes and set an ambitious goal to soon reach 100 finishes. Her 100th finish came on February 3, 2021 at Grandmaster Ultras in Arizona, just three weeks before her 60th birthday. Half of her 100 finishes included difficult mountain trail 100s, including 14 Wasatch Front 100 finishes. She is the author of the book, *The Extra Mile: One Woman's Personal Journey to Ultra-Running Greatness*

Keith Straw



Keith Straw “tutu man” (120+ finishes), age 68 in 2024, was originally from Great Britain and Holland, moved to the United States in 1998 and now lives in Pennsylvania. He never planned to be a runner and believes that he has experienced a lot of luck along the way to reach 100 finishes. He is an amazing outlier compared to all the others in the 100×100 club because he started long-distance running in his 50s. He ran his first marathon in 2004 and started to run a marathon a month. He then ran his first ultra in 2005 at the age of 50. On whim, he ran the 2005 Around the Lake 24 Hour in Wakefield, Massachusetts, where he placed a surprising 3rd with 110 miles. He became hooked on running 100-miles, especially the 24-hour event where his personal best was 136 miles at North Coast.



Keith, usually seen running in a race wearing a pink tutu and holding a magic wand, has run a marathon in all 50 states and has finished 470+ marathons/ultras in his relatively short running career. For his 100-milers, he likes to be fairly self-supportive and does not use a crew or pacers unless they are required. He has accomplished the Grand Slam of Ultrarunning five times. Additionally, he has finished Badwater 135 seven times, including finishing it the same years as the Grand Slams for his version of a "Super Slam." Along the way he has won at least six 100+ milers and his 100-mile PR (in a 100-mile race) was 18:41:52 at 2011 Lean Horse at the age of 56.

Tobie Reyneke



Tobie Reyneke (112+ finishes), age 51 in 2024, is from South Africa. His 100th 100-miler came at Wychwood Run Festival 36-hours held on Feb 5-6, 2022. He started running ultras in 2009 and his first 100-mile finish came at the famed Washie 100 that year, a South African road race first held in 1974. With only a handful of 100-mile races held in South Africa, he had to race them all and find creative ways to finish others, including a large number of virtual 100s held around the world as the pandemic locked down South Africa.



Most of his 100-mile finishes have come on road courses but he has also run some difficult trail 100s such as the Cederberg Traverse 100. He has finished 11 Comrades marathons (54 miles), including a double. He has also run a double Washie. His 100-miler PR is 18:32:23 at Hewat Camp Town 100 in 2011.

Tobie has succeeded in ultrarunning, despite a severe eyesight disability. This has caused him to run slower than he wished, and he has had difficulty on technical trails because he cannot adapt fast enough. He's had a number of eye operations that have let him avoid blindness, but still not clear enough to avoid the inevitable stumbles and falls. He has said, "Life keeps throwing curveballs and forces us to learn the most important lessons of life, namely the ability to adapt to change and always focusing on the positive with hope, despite everything pointing the opposite way."

Yen Nguyen



Yen Nguyen (123+ finishes), age 62 in 2024, of Houston, Texas, started running ultras in 1997. She finished her 100th 100-miler at the 2022 GOMU 48-hour World Championships at Hainesport, New Jersey. For most of her ultrarunning career, she has been a determined "back-of-the-packer," who could stay ahead of the cutoffs on the flatter 100-milers across America. As of this writing in 2022, she has finished 785 marathons and ultras as of 2022, in 142 countries, during her continued running career. Yen ran her first marathon in 1996 in 5:25 without ever running further than six miles. She knew that her times in marathons were slow and thus she was attracted to slower-paced 100-milers. Her first ultra finish was in 1998 at Sunmart 50 in Texas. Her first 100-mile finish came the next year at 1998 Rocky Raccoon in Texas, in 28 hours.



In 1999, she reached the milestone of finishing a marathon in all 50 states, and in 2004, she reached a similar milestone by finishing an ultra in all 50 states. She was the first woman to complete a marathon in 100 countries. She and her husband, Peter Bennett, also an ultrarunner, have as a couple run marathons in more countries than any couple. He is working toward 100×100-miler finishes. Finishes in 100-mile races started to pile up for Yen over the years. She has been a regular at Lean Horse 100 in South Dakota with thirteen finishes, Umstead in North Carolina with twelve finishes, Heartland in Kansas with ten finishes. She set her 100-mile PR of 24:04:51 in 2001 and has had three 100-mile wins. In 2011, she finished the oldest ultra in the world, Comrades Marathon in South Africa.

Ray Sanchez



Ray Sanchez (111+ finishes), age 57 in 2024, of Sacramento, California, started running in 2006 and ran his first ultra in 2007. His first 100-mile finish was also that year, Tahoe Rim Trail 100. Before running, Ray ran cross-country in high school and wrestled. When he was 26, he took up amateur boxing and became a three-time gold-glove winner. He boxed in 1991-1996 and competed in the Olympic Trials. At the age of 40, Ray was introduced to running and ultrarunning by a co-worker. He ran his first marathon in December 2007, and a few months later ran his first ultra and got hooked.



Ray has specialized in the classic 135-mile races, Badwater, Arrowhead, and Brazil because he loves the challenge. Doing all three in one calendar year has been called the “Badwater World Cup.” He accomplished that in 2010 and also finished the Europe 135 that was held that year in Germany. He has finished Badwater fourteen consecutive years and counting, second most consecutive finishes in the world. He hates the cold but has conquered Arrowhead 135 in Minnesota eight times. He has finished Brazil 135 finished four times and in 2012 finished second in “La Ultra – The High” (137 miles) running in the foothills of the Himalayas in India that climbed above 17,000 feet. Ray has won at least 15 of his 100-milers. His 100-mile personal record is 16:56:02 set at 2009 Hundred in the Hood. He has finished more than 250 ultras. Ray has given back to the sport by being the race director of the Folsom 100.

Greg Trapp



Greg Trapp (108+ finishes), age 60 in 2023, from Reynoldsburg, Ohio, finished his 100th 100-miler a couple of weeks before his 60th birthday, achieving his goal to reach that milestone in his 50s. His most 100-mile finishes in one calendar year came in 2022, with fourteen, as he pushed to reach the 100×100 milestone. He began running in 2000 and his first ultra came in 2002 when he ran 100 miles in 21 hours at Olander Park 24 Hour Run, in Sylvania, Ohio. Most of Greg’s 100-mile finishes came east of the Mississippi River, including twenty finishes of Mohican Trail 100 in Loudonville, Ohio, and sixteen finishes at Massanutten Mountain 100 in Virginia. But he also ventured west, with three finishes of the difficult Hardrock Hundred in the San Juan Mountain in Colorado, and one finish at Western States 100.



Running 131 miles at North Coast

He has had three 100-mile wins, including the 2020 “A Race for the Ages” with 211 miles in 57 hours. Greg, known for his crazy suits, has also run mega mile races as a six-time finisher of Potawatomi 200, 150, or 100 on 10-miles loops at the at McNaughton Park in Pekin, Illinois. Greg’s 100-mile PR came in 2005, 18:55:22, at Olander and in 2013, at the age of 50, he ran a very impressive 131.3 miles at North Coast 24, in Cleveland, Ohio. He is a graduate of Ohio State University and worked as a Senior Analyst at Nationwide Insurance, but now retired. Greg said, “I am always a super cheerleader for defeated looking folks in aid station chairs, where they are considering dropping. Being a mere 5’3” tall, 125 lbs., I definitely do not look like an athlete, which helps my pitch to folks of “if I can do this, you can do this, too.”

Gilles Pallaruelo



Gilles Pallaruelo, (100+ finishes) age 61, in 2024, from France finished his 100th race of at least 100 miles in May 2023, at Ultrabalaton 210km in Hungary, making him the 25th person to reach that milestone. Gilles is truly unique among the 100×100 club members. All his 100+ mile race finishes came in Europe and Japan. He is an ultra-legend in France and has competed in all the long ultras in his country during the past 20 years. Gilles is most famous for finishing Spartathlon (246 km/152 miles) in Greece, 18 times with a goal to finish 20 times.



He started running ultras in 1998, with his first 100-mile finish in 2001. His first Spartathlon attempt was in 2000, and his first Spartathlon finish came in 2002. Among all his ultras, he only has had two DNFs, both coming at Spartathlon. He said, "For me, Spartathlon is the most beautiful race. If I could only run one race, it would be Spartathlon, even though the time-limits are difficult."

In addition to Spartathlon, his next favorite race is Ultrabalaton (221 km /137 miles) in Hungary, which he has finished 16 times. It is held at Lake Balaton, the largest lake in Central Europe. While he has run many 24-hour loop races, he prefers the very long point-to-point races. "They are beautiful. In the night you can see the lights of the next village, the animals, it is marvelous." For the past five years he slowed down, but he concentrates on finishing all his races. He now runs many races with his son, Angel, and tries to finish with him in all of them.

Van Phan



Van "Pigtails" Phan (104+ finishes), age 53 in 2024, from Lakewood, Washington, finished her 100th 100-miler at Hamster 32 Hour Endurance Run in Bellingham, Washington. She began running ultras in 2003 and has finished more than 400 ultras and more than 620 races of a marathon or longer, with a goal to reach 1,000. She finished her first 100-miler in 2006. Her most finishes came in 2022 with 13. In addition, she has attacked the 200-milers and has finished 18 ultras of 200 miles or longer. She has been a prolific racer, finishing 52 marathons or ultras in a year, three years in a row. In her 100 100-milers, she has won more than 20 of them. She is mentally tough and has only had a handful of DNFs across her running career.



In 2001, Van became a Physician Assistant. She began to run early in the morning at her own pace and fell in love with running. She ran a 12K with her sister and then never looked back. Following Hal Higdon's training program, she finished her first marathon in 3:37 and qualified for Boston. But running on pavement resulted in injuries. She progressed, increased her strength and distance and started to run 100-milers now and then and becoming serious about the distance by 2010.



Ken Fancett (107 finishes) age 75 in 2024, a trail runner from South Croydon, England, finished his 100th race of at least 100 miles on October 14-15, 2023, at Centurion Running Autumn 100, held at Goring, England, in 25:01:10, making him the 27th person to reach that milestone. For his age, he is a world-class ultrarunner. Ken started his athletic pursuit on foot clear back in the 1960s when he took part in some long-distance walking events. About 20 years later, he began participating in Long Distance Walker Association (LDWA) events and other 100 km walking events and set soon his sights on becoming an ultrarunner. His first 100-miler was an LDWA event in 1992, the Invicta 100, which he finished in 29:30. His first running ultra was the Camulodunum 40, in 1995. Seeking to go further, he took part in 24-hour track events. After he won one with 133 miles / 214 km, he was hooked on reaching 100 miles, and wanted to run in more events. His personal best 24-hour run came in 2006 with 143 miles / 231.2 km.

Ken preferred trails to roads and tracks. Among British ultrarunners still living in Great Britain, he has finished the most 100-milers in America, in 22 different 100s, starting with Western States 100 in 2005, which he finished in 23:54:43 at the age of 55. He sought out U.S. races because of the relatively few 100-milers in Great Britain at the time and he hoped to do all the U.S. 100s until they exploded in numbers. He feels that the hardest 100 he finished was H.U.R.T 100 in Hawaii, which he finished in 34:26:00 in 2007.



Ken, running his 100th 100-miler

As James Elson's Centurion Running events were established in 2011 on trails in the UK, he became a regular at these events, finishing nearly all of their 100-milers. He has 42 Centurion 100-miler finishes with only one DNF. He has achieved nine "grand slams" which requires finishing four of these 100s within a single calendar year. In Centurion Running's hall of fame, he is far out in the lead by miles. He never uses crew or pacers.

In recent years, Ken completed about 4-8 100-milers per year but competes in many other shorter distances, running a race nearly every weekend. He intends to continue running 100s and still has the ability to run sub-24-hour 100s at his age. When asked what his secret to his running longevity, he simply said, "good fortune" and motivation.

Will Sprouse



Will "Iron Will" Sprouse, (115+ finishes) age 55 in 2024, a restaurateur from Kansas, finished his 100th race of at least 100 miles on December 29, 2023, at Across the Years, held in Glendale, Arizona, in 31:24:25, making him the 28th person in the world to reach that milestone. Will began running to lose weight, dropping 156 pounds over time and started running marathons in 2005. He ran his first ultra in 2009. But in 2010, he crashed his motorcycle when a dog jumped out in front of him. He 46 bones and was told by doctors that he would never run again. Determined, starting slowly, he regained his ability to run. In less than a year, he finished an ultra again.



Will ran his first 100-miler in 2012 at Rocky Raccoon 100, in Texas, and quickly got hooked on running that distance. Most of his 100s have been on fairly flat courses in the Midwest United States. Of those in the 100×100 club, he was one of the few that set a firm life goal to reach 100 100-milers early in his 100-mile running career. He even wanted to break the record for the most 100-mile finishes in a single year, in 2020. But then the pandemic hit and shut down most races.

He pushed on and was well on his way to achieve his 100×100 goal, finishing his 65th in 2020, his 15th 100-miler during the pandemic year. A few days after finishing that race, he experienced a serious, life-threatening stroke from a heart birth defect, losing feeling on the right side of his body. His recovery was long and hard, with many surgeries and setbacks, but he was determined to walk and run again. The doctors were supportive of his running, realizing that he did much better with exercise. Seven months later, he finished Run OK 100 in 32:22:00. His pace for 100 miles had slowed by several hours. He had trouble with trail races, DNFs occurred, but his pace improved over the months.

Will became a race director, putting on the Iron Will 100 in Junction City, Kansas, on a friendly course for those with balance issues, with a generous cut-off time. His “Aid Station Pub and Pizza” restaurant is like a sports bar geared toward running, with all of his race bibs and belt buckles proudly displayed. Determined to reach his 100th 100-miler before the end of 2023, he finished four that December showing his iron will. He is the most determined member ever in the 100×100 club.

Bobby Keogh



Bobby Keogh, (105+ finishes), age 75 in 2024, of Tijeras, New Mexico, finished his 100th race of at least 100 miles on February 17, 2024, at Grandmaster Ultras, in Littlefield, Arizona in 31:54:00, making him the 29th person in the world to reach that milestone. He is also the oldest runner to achieve it. Bobby ran his first ultra in 1981 and finished his first 100-miler in 1994 at age 45, at Leadville Trail 100, a race he has finished twelve times.



Bobby Finishes his 100th 100

In 2000, he finished the difficult Grand Slam of Ultrarunning (Four of the classic 100-milers in one calendar year), and repeated that amazing feat in 2001. In 2001, he became a regular at Rocky Raccoon 100 in Texas, finishing that race seventeen times with his best time of 18:34:20 for an 8th place. He has reached 100 miles in at least 34 different venues across America.



Into his 70s, Bobby was determined to reach the 100×100 milestone and worked hard to achieve it. Injuries and many DNFs started to get in the way achieving that goal, but he stuck with it and in 2023, reached 100 miles six times, including at two six-day races, with 300 miles at Across the Years. Bobby has run in at least 16 six-day races and reached 502 miles in a ten-day race in 2020 at the age of 70.

Kim Sergeant



Kim Sergeant (111+ finishes), age 65 in 2024, of Galveston, Texas, finished her 100th race of at least 100 miles on May 19, 2024 at 3 Days at the Fair in Augusta, New Jersey, making her the 30th person in the world to reach that milestone. She started running trails in the 1990s and soon finished her first 100-miler at the 1995 Arkansas Traveller 100. After finishing 3rd at the 1996 Rocky Raccoon, she became hooked on running 100-milers. She finished Rocky 13 times.



Kim with Yen Nguyen, also in 100×100 club.

Kim ran track in high school, was her team's captain, but did not run long distance seriously until much later. She became a pharmacist, moved to Galveston, Texas, in 1988, and like many others, ran the seawall and soon ran the Houston marathon. She was encouraged by others to try trails and her ultrarunning career began. She became a determined, tough-minded 100-mile runner, who has experienced only 11 100-miler DNFs. She has run mostly flat or rolling 100-milers such as Umstead (10 finishes), Arkansas Traveller (8 finishes), and Vermont 100 (6 finishes). In 2008, she started running many fixed time races too and achieved some wins at 48 hours. Her 100-mile PR was 25:44:52 at 2001 Rocky Raccoon.

Kim's mom, Nancy Sergeant Kyper, was at first very concerned about Kim's ultrarunning obsession but became her greatest cheerleader and was with her from 64 of her 100-mile finishes, and ran with her in two ultras at the age of 81 before passing away at age 89 in 2021. She supported Kim in her pursuit to achieve 100×100 and would have been very proud of this achievement. Kim pushed hard to reach this goal and finished fifteen 100-milers in 2023.

Jim Lampman



Jim Lampman (105 finishes), age 41 in 2024, of Upstate New York, finished his 100th race of at least 100 miles on October 14th, 2024, at Tesla Hertz 100 at Rocky Point, New York. He became the 31st person in the world to reach that milestone. He is the second youngest ultrarunner to reach 100×100. He started running when he was very young in elementary school. In high school, he ran cross country and just kept on running. He ran his first marathon when he was in college and his first ultra in 2004, at the age of 21. His first 100-mile finish was at the 2007 Vermont 100.



Jim was aware that people tried to finish 100 marathons. At age 26, after he had run his fifth 100-miler, someone suggested that he set a goal to run 100 100-milers. He set the goal to reach that milestone by the age of 40, not knowing that it had already been accomplished by a few and that others were also heading towards 100×100.

He ran all of his 100-milers in the eastern and mid-west US and has liked to run his favorite races over and over again. He has finished Beast of Burden 100 twenty-two times, Vermont 100 ten times, C&O Canal 100 twelve times, and a couple others at least ten times. To him, these races are like a yearly tradition. He was the first person to be awarded the C&O Canal and Ghost Train 1,000-mile buckles. In reaching his goal, he said, "I could have done it sooner, doing many more in a year each year, but didn't want to take away time from my family, work and have some semblance of balance."

Gary Dudney



Gary Dudney (100 finishes), age 72 in 2025, of North Carolina, finished his 100th race of at least 100 miles on April 27, 2025 at Skunk Ape 100 in Florida, making him the 32nd person in the world to reach that milestone. He started ultrarunning in 1993 and finished his first 100-miler at the age of 44 in 1997, at Angeles Crest 100. His early 100-mile career was tough, with nine DNFs in twenty races and he nearly quit the distance. But as he focused on the mental side of ultrarunning, everything changed. He said, "Once I learned to stay positive during a race and accept the experience of the pain cave, I could endure anything. My success rate went through the roof, and I reeled off 26 straight finishes in 26 attempts, mostly at challenging mountainous venues."



Gary has written articles for Ultrarunning magazine and published two books on the subject of the mental side of running, *The Tao of Running* (2016) and *The Mindful Runner* (2018). With over 40 finishes, he began to think about the goal of 100 finishes. But he added another goal, to finish a 100-mile race in every state. He especially sought out new races. He has currently finished 100-milers in 45 states. Of his 123 starts, including three Western States finishes, he ran 97 of his 100s once and only once. As he reached his 70s, he opted for easier courses to reach his quest and finished his 100th on a 23-race streak without a DNF. He said, "I am taking from this whole experience good health, a highly developed facility with mindfulness, an ability to endure, and an appreciation and acceptance of life as it is in both its most pleasant and unpleasant manifestations." With more than 200 ultra finishes, he continues on.

James Bennett



James Bennett (100 finishes), age 34 in 2025, of Kent, England, finished his 100th race of at least 100 miles on May 3, 2025, at Phoenix Running – Track Wars on the Walton on Thames track in England, with 23:20:59. He became the 33rd person in the world to reach that milestone and, at 34 years old, is the youngest person ever to finish 100 100-mile races.



Four years ago, with 21 finishes, he set a goal to become a member of the 100×100 club and to be its youngest member. This was a pretty outrageous goal, given that there are much fewer 100-mile races in Great Britain compared to America. He competed 9 in 2021, 21 in 2022, 22 in 2023, 20 in 2024, and 7 so far in 2025. He made several trips to the U.S. to compete in races such as Javelina Jundred, Keys 100, Across the Years, and Jackpot. He has always been determined to succeed and wanted to inspire others to reach their goals.

James started running in 2011. After watching the 2012 Olympics, he became inspired to become a serious runner. He was a very closed person and running became an important outlet for him to socialize with new friends. His first marathon came in 2014. He finished his 100th marathon in 2016 at the age of 25. His marathon PR is 2:51:31. In 2021, at the age of 30, he became the youngest-known runner to finish 100 ultras. He then set his sights on 100 100 milers. He became fast on flat courses. His 100-mile PR is 16:11:20, set in 2022 in Ireland's version of Across the Years. The majority of his 100s have been loops on roads and tracks, but he has also finished many difficult trail 100s, including at an English venue older than Western States 100. In 2025, he will run at Western States.

David Corfman



David Corfman, age 62 in 2025, of Ohio, finished his 100th race of at least 100 miles on June 1, 2025, at Mohican Trail 100 in Loudonville, Ohio, with 29:38:59. He became the 34th person in the world to reach that milestone. He ran his first marathon in 1996 and started to pile up marathon finishes (currently with 90). He ran his first ultra in 2002 at the age of 39 and his first 100-miler the next year, Mohican Trail 100, a race that he has finished 19 times.



Running has taught David to “not sweat the small stuff.” He has written, “Running has given me the confidence to do the hard things, tackle tough projects at work, and cope with difficult situations throughout my life. I have been able to achieve this balance in my life because of my long-distance running, not in spite of it. Running for long periods on trails is my meditation time, my de-stressing time, my fellowship time, time to recharge my battery, time to re-focus my priorities.”



In 2024, David went to South Africa and finished the oldest ultra in the world still held, the Comrades Marathon (90km) with 15,000 other runners. He also finished Badwater 135 in 2010. He has five overall wins in races of 100 miles or more, including A Race for the Ages (ARFTA) in 2017 with 210 miles, and the 2017 Potawatomi 200. He has finished seven 200-mile races. His fastest 100 miles was 17:46:00. He has reached 100 miles in less than 20 hours eight times and in less than 24 hours 35 times.

Walter Handloser



Walter Handloser, age 43 in 2025, of Colorado, finished his 100th race of at least 100 miles on June 14, 2025, at The Last Annual Heart of the South race in Georgia. He became the 35th person to reach that milestone.

Walter started running after losing 105 pounds and finished his first marathon in 2014 and his first ultra in 2015. He finished his first 100-miler at the 2016 Run Rabbit Run. In 2019, after finishing only a total of 16 career 100-milers, he sought to set the world-best for most 100-mile finishes in a calendar year. The current record was 41, held by Ed Ettinghausen. His record quest was successful with 50 100-milers. (Ettinghausen reclaimed the record in 2024 with 52.)

Jess Mullen



Jess Mullen, age 50 in 2025, of Washington, finished her 100th race of at least 100 miles on September 22, 2025, at Ultra Fest in Easton, Washington, with 21:58. She became the 36th person in the world to reach that milestone. Growing up, Jess played many sports and started recreational running in college to stay in shape. In 2000, at the age of 25, she ran her first marathon and didn't run another until 2005. In her younger life, she fought addiction, and now, almost 25 years sober, she really enjoys the chance to process life during her long runs. She learned about ultras and ran her first one in 2007. The further she went, the more she enjoyed running. In 2008, she finished her first 100-miler. Soon she started running a marathon or ultra nearly every week. The 100-miler became her favorite distance. Her 100-milers have been both in the mountains and also on flatter loop courses. By the time she reached 75 100-mile finishes, she set a firm goal to reach 100x100s, with a pace of 10-12 finishes per year.



For training, Jess has not followed rigid training programs. Instead, she just listens to her body and takes days off each week when needed. In races, she tries to handle whatever is thrown at her and adapt to come out as best she can. The less she looked at her watch, the better she did. She looks forward to the second half of races when she feels great and starts passing people. However, placement against others has not been important to her. But she has won about 30 of her 100-milers and has been the overall winner at least seven times.

She describes herself as a “well-balanced extremist.” She makes running nearly her full-time job, works as a race director and volunteers a lot of her time. Her kind husband works to support them and also runs with her. She has finished Cascade Crest 100 seven times and is now the race director. In recent years, she has dabbled in multi-day races and reached 622 miles/1001 kms in ten days. She has finished at least 200 ultras, more than 100 marathons, and at least seven solo, informal runs of more than 100 miles. Her PRs include: 100 miles: 18:37:18, 24 hours: 116 miles, 48 hours: 168 miles, 6 days: 434 miles, marathon 3:38.

Mark Tanaka



Mark Tanaka, age 59 in 2026, of Hayward, California, who finished his 100th race of at least 100 miles on February 28, 2026, at the Grandmaster Ultras in Littlefield, Arizona. He became the 37th person in the world to reach this milestone.

During his emergency medicine residency in Chicago in the early 2000s, Mark ran several road marathons and completed the Chicago Lakefront 50k twice. Upon moving back to the Bay Area for his first job as an attending physician, his transition into endurance sports was rocky; in his first two months, he visited emergency departments as a patient after attempting his first Ironman-distance triathlon and his first 50-mile trail run. Once he mastered his sodium management, however, he fell in love with ultrarunning. The sport provided an essential outlet for the often extreme stresses of his medical career.



Mark finished his first 100-miler in September 2005 at Rio del Lago. Despite arriving at registration having to ask fellow runners what to put in his unprepared drop bags, he finished in under 21 hours. Since then, a third of his finishes have been sub-24-hour efforts. His fastest time came at the 2007 Kettle Moraine, which he won in 16:28:25. He is equally proud of his DFL finishes (last) at the Tahoe Rim Trail (2006, 2022) and HURT 100 (2011). His accolades include being the first runner to earn one (and then two) of each of the three tiered buckles at Tahoe Rim Trail, as well as earning all three buckle tiers at Angeles Crest. He also considers himself fortunate to have finished Hardrock in both directions, given his disproportionate struggles with high altitude as a sea-level dweller.



The final push to reach 100 finishes before his 60th birthday and full-time retirement involved a grueling stretch of 25 100-milers in 25 months. This period included numerous loop races, which were logistically simpler but no less demanding. Having reached the century mark, Mark looks forward to a more balanced mix of distances and combining racing with extended foreign travel. Retiring in the coming year will finally allow him to compete without the burden of clearing a hospital call schedule or recovering from adventures during busy clinical shifts.

Ronald Ross



Ronald Ross, age 68 in 2026, of Medina, Ohio, finished his 100th race of at least 100 miles on March 29, 2026, at the Vernal Equinox 48 Hour Race in Batavia, Ohio. He became the 38th person in the world to reach this milestone.

Ron started running in 1972 on his high school track and cross-country teams, where he set school records. He continued running competitively in college at West Point, where he started running marathons and began his military career. He ran on the Army Marathon team. He ran his first ultra in 1979 at the Lake Waramaug 50 in Connecticut and his first 100-miler in 1983 at Western States. He also dabbled in triathlons, and competed in the world triathlon championships in Nice, France, in 1985. After his military service in 1987, and settled in the Cleveland, Ohio area where he continued to run. He served 22 years in the Medina Police Department.



Ron has finished nearly 300 ultras and over 200 marathons with a marathon PR of 2:38. He is very loyal to local races and has run the same ones repeatedly. In 2026, he planned to run his 40th Cleveland Marathon. Also, he plans to get his 30th finish at Mohican 100 two weeks later. He has also run every Cincinnati Flying Pig Marathon and will run his 28th this year. As far as 100-miles go, Mohican is his longest streak. He also has 13 finishes at Burning River 100.

In April 2026, Ron was 24th in the world for the longest 100-mile career, with 42 years and nine months. Now in his late 60s, keeping some running streaks going are common and longevity is fun to be a part of. He chooses his races carefully to make sure he can finish under cutoffs. He cross-trains with weightlifting, biking, and hiking. His Personal Records are: marathon 2:38, 50K 3:38:02, 50 miles 6:10:27, 100K 10:21:13, 100 miles 20:58:00.