

## Running Resume

Carla Frank, Active Lifestyle Adventure Mentor

### Multi-Day Challenges and Ultra Distance Races

Lake Tahoe Weekend: Lakeside Marathon, Cal-Neva Marathon, Emerald Bay Half Marathon 65.5 miles 2019

Walt Disney World Marathon Weekend Dopey Challenge 5K, 10K, Half Marathon, Marathon, 48.6 miles 2017

Walt Disney World Marathon Weekend Goofy Challenge, 39.3 miles 2011

New Year's One Day, 12 Hours 2019

Disneyland Dumbo Challenge 10K and Half Marathon, 19.3 miles 2013

### Full Marathons

Los Angeles Marathon 2007

Nike Women's Marathon 2007

P.F. Chang's Rock 'n' Roll Arizona Marathon 2007

Dublin Marathon (Ireland) 2009

Nike Women's Marathon 2009

ING New York City Marathon 2011

Athens Classic Marathon (Greece) 2012

Flying Pig Marathon 2012

BMW Berlin Marathon (Germany) 2013

Marine Corps Marathon 2013

Virgin London Marathon (England) 2013

Big Sur International Marathon Relay 2019

Flying Monkey Marathon 2019

Kauai Marathon 2019

### Half Marathons

Seattle Half Marathon 2002

Seattle Half Marathon 2006

Super Jock 'n' Jill Half Marathon 2007

Tacoma City Half Marathon 2007

Virginia Mason Team Medicine Half Marathon 2007

Kaiser Permanente San Francisco Half Marathon 2009

Stockton Half Marathon 2010

Disneyland Half Marathon 2011

Urban Cow Half Marathon 2011

Jerusalem Half Marathon (Israel) 2012

Marin County Half Marathon 2012

Wine Country Half Marathon 2012

Disney Princess Half Marathon 2013

Tinker Bell Half Marathon 2013

Water to Wine Half Marathon 2013

Annadel Trail Half Marathon 2014

Divas Half Marathon San Francisco 2014

Healdsburg Half Marathon 2014

Santa Rosa Half Marathon 2014

Berkeley Half Marathon 2015

Santa Rosa Half Marathon 2015

Water to Wine Half Marathon 2015

Diva San Francisco Half Marathon 2016

Kaiser Permanente San Francisco Half Marathon 2016

Tinker Bell Half Marathon 2016

Santa Rosa MarathonWeekend: 5K and Half Marathon 2017

Malibu Half Marathon 2018

Napa to Sonoma Wine Country Half Marathon 2018

Urban Cow Half Marathon 2018

Walnut Creek Running Festival Half Marathon 2019

### 5K-10 Miles

Big Sur International Marathon Weekend 5K 2002  
12K's of Christmas 2006  
University of Washington Dawg Dash 10K 2006  
Woodinville Country Slough 10K 2006  
Footzone 5K 2006  
Furry 5K 2006  
Super Jock N Jill 4 Miler  
United Healthcare Torchlight Run 5K 2006  
Fremont 5K 2007  
San Francisco Turkey Trot 5 Miler 2008  
ING Bay to Breakers 12K 2009  
Bay Area Title 9K Women on the Run 2011  
Drag-N-Fly Trail 10k 2011  
Brazen New Year's Eve 5K 2011  
Buzz Oates No Excuses 5K 2011

Turkey Trail Trot 2011  
Coyote Hills 10K 2012  
San Francisco Giant Race 10K 2013  
Kaiser Permanente San Francisco 5K 2013  
San Francisco Hot Chocolate 5K 2014  
Zappos.com Bay to Breakers 12K 2015  
Santa Rosa 10K 2016  
San Francisco Giant Race 5K 2016  
Clo-Cow 5K 2017  
Healdsburg 5K 2017  
The Lucky Run 10K 2018  
Healdsburg 5K 2018  
Marlette Trail 10 Miler 2019  
San Francisco Giant Race 5K & 10K 2019  
Napa to Sonoma Wine Country 5K 2019

### Triathlons

Danskin Women's Triathlon Sprint 2006  
Subaru US Women's Triathlon Sprint 2006  
Chelanman Olympic Triathlon 2007  
Danskin Women's Sprint Triathlon 2007  
Issaquah Sprint Triathlon 2007  
Scoggins Valley Olympic Triathlon 2007  
Lake Stevens Ironman 70.3 2008  
Napa Valley Vintage Half Iron Triathlon 2008

Onionman Olympic Triathlon 2008  
Avia Wildflower Olympic Triathlon 2009  
Golden Gate Sprint Triathlon 2009  
Barb's Race Half Iron Triathlon 2010  
Vineman Aquabike 2014  
Ironman 70.3 Vineman 2015  
Monte Rio Vineman Sprint Triathlon 2015  
Sonoma Women's Sprint Triathlon 2019