

Jen Erickson, Athletics 2005 - present

RUNNING

2023 **Labor Pains 35 miles** completed in 10 hours 41 minutes (8 secs)
2019 **JFK 50 miles** completed in 10 hours 41 minutes (57 secs)
2019 **Oil Creek 50k** completed in 7 hours 47 minutes
2018 **VT100 Pacer** completed 30 overnight miles
2018 **Assateague to Chincoteague** scouting run 27 miles
2017 **JFK 50 miles** completed in 12 hours 15 minutes
2010 **MDLD 100k** - DNF at 31 miles due to injury
2010 **MMD 50k (More and More Difficult)** completed in 21 hours - White Mountains
2010 **BOMF 20 in 24** completed 94 miles in 24 hours to raise funds for Phila homeless
2010 **Labor Pains 50 miles** - completed in 12 hours
2010 **Boston Marathon** completed in 4+ hours
2009 **Rocky Raccoon 100 miles** completed in 25 hours 58 minutes
2009 **MDLD 100k** completed in 15 hours 3 minutes unsupported on Mason Dixon Trail System
2009 **BOMF 20 in 24** completed 76 miles in 24 hours to raise funds for Phila homeless
2008 **MMD 50k (More and More Difficult)** canceled 12 hours into run due to weather - White Mountains
2008 **JFK 50 miles** completed in 8 hours 58 minutes
2008 **BOMF 20 in 24** - 63 miles in 24 hours to raise funds for Phila homeless
2008 **MDLD 100k** - completed in 17 hours unsupported on the Mason Dixon Trail System
2008 **Boston Marathon** completed in 3 hours 44 minutes (requalified for Boston Marathon at Boston Marathon)
2007 **Marine Corps Marathon** completed in 3 hours 44 minutes, qualified for Boston Marathon
2005 **Philadelphia Marathon** completed in 4+ hours

DRAGON BOATING

2017 Pottstown Dragon Warriors
2007-2009 Schuylkill Dragons and River Runners
2007 Team USA Premier Women's DB Team at World Championship in Australia