

# RONNIE DELZER

## About Me

Plain and simple, I love to Run! My passion for running started when I was just a kid following in my father's footsteps. Through those early years of running I discovered I was pretty good at it and continued through high school eventually running collegiately at East Carolina University. After college, I started a fulltime career in the Building Materials Industry, married my college sweetheart, and was blessed with two amazing children. Although life was busy I never lost my passion for endurance sports. I completed three Ironman triathlons from 2007-2012 and then began looking for that next challenge. The last few years I started getting into Ultra Running and exploring what my body is capable of.

My first 100 Mile Ultra Race came in 2015 at the U.S. 100 Mile Trail Championships, called the Rocky Raccoon 100, in Huntsville, TX. In this debut performance, I placed 3<sup>rd</sup> Overall in the U.S. with a time of 14:15:53. Early this year I placed 1<sup>st</sup> in the U.S. Championship race at Rocky Raccoon. With a time of 13:44:28 I garnered the 13<sup>th</sup> fastest time in the event's history. Of the top 22 times all-time, I join Ian Sharman (4), Jorge Pacheco (3), Hal Koerner (2), and Anton Krupicka (2) as the only ones to be in that list two times or more. Those guys are legends!

My highlight for 2016 was breaking the Guinness Book of World Record's *Greatest Distance Run on a Treadmill in 12 hours* with a total distance of 89.38 miles. I have hopes in the not so distant future to break the 100-mile treadmill record of 13:42:33.

In 2017 I have set challenging goals using my knowledge from the past few years to outline a schedule of 5-6 hundred mile races. I will attempt to average sub 14 hours, ultimately aiming to have the fastest 100-mile finishing times of the year.

I am currently sponsored by Klean Athlete, Drymas Socks, Alternative Health Center of The Woodlands, Sterling Ridge Orthopaedic & Sports Medicine, and an ambassador for Huma Energy Gels.

## Race Highlights

04/01/17 – **23<sup>rd</sup> Umstead 100 Mile** – Time 14:43:48

*2<sup>nd</sup> Overall*

03/04/17 – **The Woodlands Marathon** – Time 2:39:03 \*PR

*5<sup>th</sup> Overall*

02/04/17 – **25<sup>th</sup> Rocky Raccoon Mile** – Time 13:44:28 \*PR

*2<sup>nd</sup> Overall & 1<sup>st</sup> Overall U.S. 100mi Trail Championships*

10/08/16 – **10 For Texas** – Time 56:35

*4<sup>th</sup> Overall*

08/20/16 – **Guinness World Record - Greatest Distance Run on a Treadmill**

*in 12 hours – 89.38 miles*

04/02/16 – **Gorge Waterfalls 100k Trail Race** – Time 10:25

*9<sup>th</sup> Overall*

12/05/15 – **TNF Endurance Challenge 50mi Championships** – Time 7:32:16

*37<sup>th</sup> Overall*

11/07/15 – **Rocky Raccoon 25k Trail Race** – Time 1:40:53

*1<sup>st</sup> Overall*

09/26/15 – **Bigfoot 50k Trail Race** – Time 4:17:38

*1<sup>st</sup> Overall \*Course Record*

01/31/15 - **Rocky Raccoon 100 Mile** – Time 14:15:53

*3<sup>rd</sup> Male U.S. 100mi Trail Championships*



e-mail:  
ronniedelzer@yahoo.com

phone:  
281-386-0117

website:  
www.ronniedelzer.com

twitter & Instagram:  
@ronnie\_delzer

hometown:  
The Woodlands, TX