



PROFESSIONAL ATHLETE BIOGRAPHIES



MEDTRONIC
TWIN CITIES MARATHON



MEDTRONIC
TC 10 MILE



TC 10K
Presented by
PNC Bank



TC 5K
Presented by
Freshman & Byron



MEDTRONIC
TC FAMILY EVENTS

USATF 10 Mile Championships: Men

Shadrack Kipchirchir, USA

Twitter handle: @ShadrackKipch16

Age: 29

Date of Birth: February 22, 1989

Residence: Colorado Springs, Colorado

Bib: 20,001

Personal Best 10 Mile: 47:33 (2017 Medtronic TC 10 Mile)

Additional Personal Bests

One Mile: 3:55.31 (2018)

5,000 meters: 13:18.52 (2016)

10,000 meters: 27:07.55 (2017)

15K Road: 43:23 (2017)

Shadrack Kipchirchir is the defending USATF 10 Mile Championship and Medtronic TC 10 Mile Champion. He graduated from Oklahoma State University in 2014 with multiple All-American honors and shortly after graduating enlisted in the U.S. Army, later joining the World Class Athlete Program (WCAP). While with WCAP, Kipchirchir placed 16th in the 10,000 meters at the 2015 IAAF World Outdoor Track & Field Championships in Beijing and placed 19th in the 2016 Rio Olympic Games as a member of Team USA. Additionally, he won his first U.S. national title at the 2017 Medtronic TC 10 Mile, which featured a photo-finish with Sara Hall as they battled for the equalizer bonus. In 2018, Kipchirchir placed 8th in the 3,000 meters at the IAAF World Indoor Championships, 14th in the Prefontaine Classic two mile and he also won the Charleston Cooper River Bridge Run.

Leonard Korir, USA

Twitter handle: -

Age: 31

Date of Birth: December 10, 1986

Residence: Colorado Springs, Colorado

Bib: 20,002

Personal Best 10 Mile: 46:52 (2014 Pittsburgh 10 Miler)

Additional Personal Bests:

5,000 meters: 13:15.45 (2013)

10,000 meters: 27:20.18 (2017)

Half Marathon: 59:52 (2017)

Leonard Korir was a two-time NCAA Division I Champion at Iona College. Originally born in Kenya, Korir became a U.S. citizen in 2016 and immediately started making an impact on U.S.

distance running scene. He placed 14th in the 2016 Rio Olympics 10,000 meters and is the 2017 USATF Running Circuit Champion, which included national titles at the USATF Cross Country Championships, 15K Championships, Half Marathon Championships and 10K Championships, with a few runner-up finishes too. In 2018, Korir is again atop the USATF Running Circuit standings thus far with national titles at the USATF Cross Country Championships, 15K Championships, and 20K Championships, as well as a 5th place finish in the Half Marathon Championships. He was the runner-up at the 2017 USATF 10 Mile Championships/Medtronic TC 10 Mile as well.

Emmanuel Bor, USA

Twitter handle: -

Age: 30

Date of Birth: April 14, 1988

Residence: Colorado Springs, Colorado

Bib: 20,003

Personal Best 10 Mile: 47:39 (2017 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 13:20.66 (2018)

10K Road: 28:23 (2014)

Half Marathon: 1:02:46 (2014)

Marathon: 2:22:57 (2017)

Emmanuel Bor is a graduate of the University of Alabama and, originally from Kenya, he enlisted in the U.S. Army in 2014 following in the footsteps of his two brothers (his brother, Hilary Bor, was a 2016 U.S. Olympian in the 3,000 meter Steeplechase). Bor had two runner-up finishes in 2014—one at the Bay to Breakers 12K and one at the Pittsburgh Half Marathon. He placed 7th at the 2017 USATF 5K Championships and was also the runner-up in the Nice Half Marathon in France. Additionally, Bor was 3rd at last year's USATF 10 Mile Championships/Medtronic TC 10 Mile and made his marathon debut at the Porto Marathon in Portugal. In 2018 thus far, Bor has placed 4th in the 3,000 meters at the USATF Indoor Championships back in February, 9th in the Prefontaine Classic two mile and 4th in the USATF 15K Championships in Jacksonville. Bor also became the 500th American to break four minutes for the mile when he ran 3:58.7 at Boston University's John Thomas Terrier Classic in January of 2018.

Haron Lagat, USA

Twitter handle: @halagat

Age: 35

Date of Birth: August 15, 1983

Residence: Colorado Springs, Colorado

Bib: 20,004

Personal Best 10 Mile: 47:40 (2017 Medtronic TC 10 Mile)

Additional Personal Bests

10K Road: 28:43 (2009)

15K Road: 44:59 (2008)

Half Marathon: 1:01:01 (2018)

Originally born in Kenya, Haron Lagat attended Texas Tech University and graduated in 2006. Showing promise in distance running, particularly the 3,000 meter Steeplechase, Lagat stayed in Lubbock, Texas after graduation to train with his college coach. When his visa expired, Lagat decided to enlist in the U.S. Army and obtain U.S. citizenship. Training in the WCAP, Lagat finished 5th at last summer's USATF Outdoor Championships in the 3,000 meter Steeplechase and 4th at last year's USATF 10 Mile Championships/Medtronic TC 10 Mile. Lagat has put together a good campaign in 2018 thus far with runner-up finishes at the USATF 10K and 20K Road Championships while also running a new half marathon personal best.

Abbabiya Simbassa, USA

Twitter handle: @Biya_simba35

Age: 25

Date of Birth: June 30, 1993

Residence: Colorado Springs, Colorado

Bib: 20,005

Personal Best 10 Mile: 47:04 (2018 Cherry Blossom 10 Mile)

Additional Personal Bests

10,000 meters: 27:45.78 (2017)

10K Road: 29:59 (2016)

Half Marathon: 1:03:28 (2016)

Abbabiya "Biya" Simbassa, originally born in Asela, Ethiopia, has lived in the U.S. since he was 13 and graduated from the University of Oklahoma where he was a multiple time All-Big 12 honoree. Currently training with the American Distance Project, Simbassa was 11th at the 2016 U.S. Olympic Track & Field Team Trials in the 5,000 meters, 4th in the 10,000 meters at the 2017 USATF Outdoor Championships and finished 6th at last year's USATF 10 Mile Championships/Medtronic TC 10 Mile.

Ian Lamere, USA

Twitter handle: @greenshortskid

Age: 24

Date of Birth: February 21, 1994

Residence: Rochester Hills, Michigan

Bib: 20,007

Personal Best 10 Mile: 47:48 (2017 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 13:54.88 (2017)
8K Road: 23:10 (2018)
10,000 meters: 28:38.63 (2016)

Ian Lamere made his professional running debut for the Hansons Brooks Distance Project at the 2017 USATF 10 Mile Championships/Medtronic TC 10 Mile, placing 7th overall. A NCAA Division III legend, Lamere was a six-time national champion and is the current NCAA Division III 10,000 meter all-time record holder. Lamere also placed 11th at the 2017 USATF Outdoor Championships in the 10,000 meters and is the defending USATF Club Cross Country Champion.

Futsum Zeinasellassie, USA

Twitter handle: @Futsumz
Age: 25
Date of Birth: December 16, 1992
Residence: Flagstaff, Arizona
Bib: 20,010
Personal Best 10 Mile: 48:23 (2017)

Additional Personal Bests

5,000 meters: 13:34.84 (2017)
10,000 meters: 27:52.70 (2016)
Half Marathon: 1:04:02 (2017)

Futsum Zeinasellassie joined Northern Arizona Elite in April of 2017, after leading Northern Arizona University to the school's first ever National Championship (in any sport) at the 2016 NCAA Cross Country Championships with his 4th place individual finish. Zeinasellassie was 10th at last year's USATF 10 Mile Championships/Medtronic TC 10 Mile and runner-up at the Monterey Bay Half Marathon. Recently, he was 11th at the 2018 USATF 20K Championships in New Haven, Connecticut.

Andrew Colley, USA

Twitter handle: @andrew_colley
Age: 27
Date of Birth: April 1, 1991
Residence: Blowing Rock, North Carolina
Bib: 20,011
Personal Best 10 Mile: 47:12 (2018 Cherry Blossom 10 Mile)

Additional Personal Bests

5,000 meters: 13:40.19 (2014)
10,000 meters: 29:11.08 (2014)
10K Road: 28:45 (2018)
Half Marathon: 1:02:40 (2018)

Andrew Colley graduated from North Carolina State University in 2014, leaving the Wolfpack as one of the most decorated athletes in school history. A five-time All-American and 11-time All-ACC performer, he was also the 2013 ACC Cross Country Champion and finished 7th at the NCAA Cross Country Championships that same year. Representing the U.S. internationally, Colley also placed 6th at the 2015 Great Edinburgh Cross Country meet in Scotland. More recently, Colley earned a new 10 mile personal best with a 10th place finish at the 2018 Cherry Blossom 10 Miler and finished 6th at the 2018 Peachtree Road Race. Colley also trains with ZAP Fitness.

Matt McClintock, USA

Twitter handle: @Matt_McClintock

Age: 24

Date of Birth: January 6, 1994

Residence: Blowing Rock, North Carolina

Bib: 20,012

Personal Best 10 Mile: 47:10 (2018 Cherry Blossom 10 Mile)

Additional Personal Bests

5,000 meters: 13:49.23 (2017)

10,000 meters: 28:27.14 (2017)

Half Marathon: 1:02:34 (2018)

Matt McClintock is a 2016 graduate of Purdue University where he was a two-time Big Ten Champion and a three-time All-American. In 2013 he was the U.S. Junior 10,000 meter Champion and went on to win gold at the Pan-American Junior Championships. Now training with ZAP Fitness, he placed 10th in the 10,000 meters at the 2017 USATF Outdoor Championships and 3rd in the USATF 7 Mile Championships. In 2018, McClintock has clocked half marathon and 10 mile personal bests at the Houston Half Marathon and Cherry Blossom 10 Mile, respectively.

Reed Fischer, USA

Twitter handle: @reedfisch

Age: 23

Date of Birth: July 9, 1995

Residence: Boulder, Colorado

Bib: 20,013

Personal Best 10 Mile: 49:50 (2017 Pittsburgh 10 Miler)

Additional Personal Bests

5,000 meters: 13:45.88 (2018)

10,000 meters: 28:38.62 (2018)

A 2017 graduate of Drake University and 2013 graduate of Hopkins High School, Reed Fischer really found his stride while competing collegiately as a Bulldog. Fischer never broke 4:30 for the mile in high school and finished higher at the NCAA Division I Track & Field Championships

(9th in the 10,000 meters) than he did at the Minnesota High School State Track & Field meet (11th in the 3200 meters). Fischer left Drake as a Drake Relays Champion, school record holder and NCAA All-American. He most recently finished 4th at the USATF Outdoor Championships and 3rd at the NACAC Championships in the 10,000 meters—his first time representing the U.S. internationally. Fischer is coached by Tom Schwartz and is training with Tinman Elite in Boulder, CO.

Daniel Tapia, USA

Twitter handle: @danieltapia02

Age: 31

Date of Birth: November 4, 1986

Residence: Mammoth Lakes, California

Bib: 20,015

Personal Best 10 Mile: Debut

Additional Personal Bests

10,000 meters: 28:39.72 (2016)

10K Road: 30:12 (2014)

Half Marathon: 1:03:36 (2017)

Marathon: 2:14:30 (2013)

Daniel Tapia placed 9th at the 2013 Boston Marathon in 2:14:30, earning a spot on Team USA for that summer's IAAF World Track & Field Championships in Moscow, where he placed 27th. He is also the 2012 California International Marathon champion and placed 24th at the 2012 U.S. Olympic Marathon Team Trials. A graduate of Hartnell College, Tapia most recently won the 2017 Monterey Bay Half Marathon and finished 16th at the 2018 Boston Marathon.

Jerrell Mock, USA

Twitter handle: @jer_mock

Age: 23

Date of Birth: May 24, 1995

Residence: Fort Collins, Colorado

Bib: 20,016

Personal Best 10 Mile: 51:17 (2018 Garden of the Gods 10 Mile)

Additional Personal Bests

5,000 meters: 13:44.65 (2017)

10,000 meters: 28:11.80 (2017)

10K Road: 28:07 (2018)

15K Road: 44:31 (2018)

Jerrell Mock was a multiple time All-American at Colorado State University. Originally from Logan, Utah, Mock was 10th in the 10,000 meters at the 2017 NCAA Division I Track & Field

Championships, and most recently won the 2018 Garden of the Gods 10 Mile and placed 7th at the 2018 USATF 20K Championships.

Nicolas Montanez, USA

Twitter handle: -

Age: 25

Date of Birth: September 7, 1993

Residence: Mammoth Lakes, California

Bib: 20,017

Personal Best 10 Mile: 47:57 (2018 Sacramento SacTown 10 Mile)

Additional Personal Bests

5,000 meters: 14:39.27 (2015)

10,000 meters: 29:43.23 (2017)

Half Marathon: 1:04:29 (2017)

Marathon: 2:14:28 (2018)

Currently running for Mammoth Track Club, Nicolas (Nico) Montanez is a graduate of Brigham Young University where he was a NCAA Cross Country All-American after finishing 9th in 2016. Montanez was also 7th at the USATF 25K Championships in both 2017 and 2018 and is the current course record holder at the Utah Valley Half Marathon after his 1:04:29 win in 2017.

Wilkerson Given, USA

Twitter handle: @WilkersonGiven

Age: 27

Date of Birth: April 14, 1991

Residence: Atlanta, Georgia

Bib: 20,018

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 14:11.34 (2017)

Half Marathon: 1:03:45 (2018)

Marathon: 2:15:52 (2018)

Wilkerson Given is a graduate of Furman University and a 2016 U.S. Olympic Marathon Team Trials qualifier. Given now trains with the Atlanta Track Club, has a full-time job with SOS Hydration, and placed 7th at the 2018 USATF Half Marathon Championships.

Matt Llano, USA

Twitter handle: @MattLlano

Age: 30

Date of Birth: August 1, 1988
Residence: Flagstaff, Arizona
Bib: 20,019
Personal Best 10 Mile: 47:58 (2018 Sacramento SacTown 10 Mile)

Additional Personal Bests

10,000 meters: 28:43.3
10K Road: 29:07 (2018)
Half Marathon: 1:01:47 (2014)
Marathon: 2:12:28 (2015)

Currently running for HOKA ONE ONE, Llano first began to make a name for himself in the professional running scene with top ten finishes in the 2013 USATF 20K Championships and 12K Championships. Llano was the 2015 USATF Marathon Championship runner-up and also placed 6th in the 2016 U.S. Olympic Marathon Team Trials. A NCAA All-American and 2011 graduate of University of Richmond, Llano most recently ran a 10 mile personal best of 47:58 in April of 2018 at the Sacramento SacTown 10 Mile.

Kirubel Erassa, USA

Twitter handle: @ErassaOk
Age: 25
Date of Birth: June 17, 1993
Residence: Colorado Springs, Colorado
Bib: 20,020
Personal Best 10 Mile: 50:01 (2016 Atlanta 10 Mile)

Additional Personal Bests

3,000 meters: 7:47.48 (2018)
5,000 meters: 13:23.12 (2017)
10K Road: 28:54 (2017)

Kirubel Erassa was a standout runner at Oklahoma State University, earning seven All-American honors and seven Big 12 conference titles. Originally born in Ethiopia and now training with the American Distance Project in Colorado Springs, Erassa was 12th in the 2016 U.S. Olympic Track & Field Team Trials 5,000 meters and was also 3rd in the USATF 5K Championships one year later. A relatively quiet 2018 thus far, Erassa competed in the 1500 meters at this summer's USATF Outdoor Championships.

Grant Fischer, USA

Twitter handle: @GrantTFischer
Age: 24
Date of Birth: June 9, 1994
Residence: Fort Collins, Colorado
Bib: 20,021

Personal Best 10 Mile: Debut

Additional Personal Bests

10,000 meters: 28:45.83 (2017)

15K Road: 45:52 (2018)

20K Road: 1:05:19 (2018)

A multi-time All-American from Colorado State University, Grant Fischer was 9th in the 5,000 meters and 12th in the 10,000 meters at the 2017 NCAA Division I Track & Field Championships. Since graduating, Fischer was 11th at the Great Cow Harbor 10K and 23rd at the 2018 USATF 20k Championships.

Danny Docherty, USA

Twitter handle: -

Age: 28

Date of Birth: October 27, 1989

Residence: Saint Paul, Minnesota

Bib: 20,022

Personal Best 10 Mile: 49:54 (2017 Cherry Blossom 10 Mile)

Additional Personal Bests

5K Road: 14:33 (2017)

10K Road: 29:22 (2017)

Half Marathon: 1:08:53 (2015)

A native of St. Paul and an alumnus of Cretin-Derham Hall High School, Danny Docherty is a graduate of Loyola University Chicago where he was a multiple time All-Conference honoree. After joining Team USA Minnesota in July 2017, Docherty has placed 15th at the 2017 USATF 7 Mile Championships hosted by the Bix 7 in Iowa, and 9th at the 2018 Garry Bjorklund Half Marathon.

Charlie Lawrence, USA

Twitter handle: @lawrence_char

Age: 23

Date of Birth: March 24, 1995

Residence: Minneapolis, Minnesota

Bib: 20,023

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 14:33.62 (2016)

10,000 meters (XC): 30:45.79 (2017)

20K Road: 1:04:18 (2018)

Originally from Foley, Minnesota and a two-time Minnesota high school state champion in track & field, Lawrence went on to run for the Golden Gophers at the University of Minnesota and was twice an All-Region honoree (2015 and 2016), as well as an All Big-Ten selection in 2016. Lawrence recently placed 18th at his first U.S. National Championship race, the 2018 USATF 20K Championship in New Haven, Connecticut.

Ryan Mahalsky, USA

Twitter handle: @ryan_mahalsky

Age: 25

Date of Birth: April 27, 1993

Residence: Rochester, Michigan

Bib: 20,024

Personal Best 10 Mile: 47:48 (2017 Pittsburg 10 Mile)

Additional Personal Bests

5,000 meters: 13:50.01 (2018)

10,000 meters: 28:39.94 (2017)

10K Road: 29:42 (2018)

A Lehigh University graduate and current member of the Hansons-Brooks Distance Project, Ryan Mahalsky was 11th at last year's USATF 10 Mile Championships/Medtronic TC 10 Mile and was 17th at the 2015 NCAA Division I Outdoor Track & Field Championships in the 10,000 meters. He was recently 7th at the 2018 USATF Outdoor Championships and 13th at the 2018 Peachtree Road Race.

Josef Tessema, USA

Twitter handle: -

Age: 29

Date of Birth: April 11, 1989

Residence: Castle Rock, Colorado

Bib: 20,025

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 13:51.33 (2018)

10K Road: 28:46 (2013)

Josef Tessema was 3rd at the 2017 Portland Track Festival 5,000 meters in a time of 13:59.87 and was also 18th at the 2018 USATF Outdoor Championships in June in the 5,000 meters. He was 15th in the 2017 USATF 1 Mile Road Championships, hosted by the Grand Blue Mile.

Willie Milam, USA

Twitter handle: @dubmilam

Age: 26

Date of Birth: February 3, 1992
Residence: Boulder, Colorado
Bib: 20,026
Personal Best 10 Mile: 49:38 (2017 Medtronic TC 10 Mile)

Additional Personal Bests

10K Road: 30:39 (2016)
15K Road: 44:33 (2018)
Half Marathon: 1:03:08 (2018)

Currently running for Roots Running Project, Milam is a graduate of Gonzaga University and, in 2018, placed 8th at the USATF 15k Championships and 13th at the U.S. Half Marathon Championships.

Riley Coates, USA

Twitter handle: -
Age: 25
Date of Birth: April 26, 1993
Residence: Colorado Springs, Colorado
Bib: 20,027
Personal Best 10 Mile: 50:07 (2016 Medtronic TC 10 Mile)

Additional Personal Bests

5K Road: 14:33 (2016)
10,000 meters: 29:31.80 (2017)
Half Marathon: 1:05:55 (2018)

Riley Coates is a graduate of Air Force Academy and was a multiple time All-Mountain West Conference award winner while also qualifying for the NCAA Division I Cross Country Championships. In 2018, Coates placed 19th at the Mt. SAC Relays 10,000 meters and 48th at the 2018 Houston Half Marathon in a new personal best half marathon time. Coates was also 24th at the 2016 USATF 10 Mile Championships/Medtronic TC 10 Mile.

David Goodman, USA

Twitter handle: @theGXX17
Age: 29
Date of Birth: December 21, 1988
Residence: Loveland, Colorado
Bib: 20,028
Personal Best 10 Mile: 49:28 (2017 Medtronic TC 10 Mile)

Additional Personal Bests

3,000 meter Steeplechase: 8:33.58 (2018)
5,000 meters: 13:49.60 (2018)

David Goodman walked onto the cross-country team at University of Southern Indiana after having an average (compared to his now-competitors) high school cross country/track & field career with personal bests of 17:40 for 5k and 4:30 for 1,600 meters when he graduated. Goodman won the 2011 NCAA Division II Outdoor Track & Field national title in the 3,000 meter Steeplechase and has placed in the top 15 in the steeplechase at every USATF Outdoor Championship since 2013 except one. Recently, while training with Boulder Track Club, Goodman ran a personal best in the steeplechase at the Payton Jordan Invitational in May 2018.

Jonathan Phillips, USA

Twitter handle: @SexyXCLegs

Age: 25

Date of Birth: November 25, 1992

Residence: Brighton, Massachusetts

Bib: 20,030

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 14:18.16 (2015)

10,000 meters: 30:02.19 (2015)

Marathon: 2:18:19 (2017)

Jonathan Phillips graduated from Cornell University before completing his NCAA eligibility at the University of Michigan while in graduate school. He focused on the 5,000 meters and 10,000 meters throughout his collegiate career, but soon after graduating took to the roads and longer distances. In just his second marathon ever, Phillips ran 2:18:19 at the 2017 Chicago Marathon to place 21st overall and finish as the 10th American in the race, qualifying him for the 2020 U.S. Olympic Marathon Team Trials.

Kevin Lewis, USA

Twitter handle: -

Age: 25

Date of Birth: July 10, 1993

Residence: Richfield, Minnesota

Bib: 20,031

Personal Best 10 Mile: 49:54 (2017 Medtronic TC 10 Mile)

Additional Personal Bests

10,000 meters: 28:32.06 (2018)

15k Road: 45:51 (2018)

Half Marathon: 1:05:02 (2018)

Current Team USA Minnesota athlete and former University of Iowa Hawkeye, Kevin Lewis won the 2016 Des Moines Half Marathon and also won the 10,000 meters at the 2018 Portland Track Festival in a new personal best. Lewis was 29th at last year's USATF 10 Mile Championships/Medtronic TC 10 Mile.

Joel Reichow, USA

Twitter handle: -

Age: 25

Date of Birth: July 24, 1993

Residence: White Bear Lake, Minnesota

Bib: 20,032

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 13:53.05 (2017)

5K Road: 14:32 (2018)

10,000 meters: 28:55.84 (2016)

Joel Reichow is a two-time All-American and 2017 graduate of South Dakota State University. Reichow finished 20th at the 2016 NCAA Division I Cross Country Championships, 12th at the 2018 USATF Outdoor Championships 10,000 meters and is also currently training with Team USA Minnesota.

Matthew Williams, USA

Twitter handle: -

Age: 31

Date of Birth: March 2, 1987

Residence: Goldsboro, North Carolina

Bib: 20,033

Personal Best 10 Mile: 50:09 (2014 Washington Army 10 Miler)

Additional Personal Bests

10,000 meters: 30:21.67 (2013)

Half Marathon: 1:03:57 (2016)

Marathon: 2:23:43 (2015)

Matthew Williams graduated from the Air Force Academy and specialized in the 3,000 meter Steeplechase for most of his collegiate career. Since graduating, Williams has been serving in the U.S. Air Force, first at Peterson Air Force Base in Colorado and now in Seymour Johnson Air Force Base in North Carolina as an Air Force physical therapist. Most recently, Williams finished 20th overall at the 2016 Houston Half Marathon and 4th at the 2016 Chicago Shamrock Shuffle 8k.

Brogan Austin, USA

Twitter handle: @brogan_austin

Age: 27

Date of Birth: October 5, 1991

Residence: West Des Moines, Iowa

Bib: 20,034

Personal Best 10 Mile: 49:03 (2016 Pittsburgh 10 Miler)

Additional Personal Bests

10K Road: 30:42 (2016)

Half Marathon: 1:04:38 (2015)

Marathon: 2:24:39 (2016)

Iowa native and Drake University graduate, Brogan Austin was a six-time Missouri Valley Conference Champion and Drake Relays Champion while at Drake and has since gone on to place 38th in the 2016 U.S. Olympic Marathon Team Trials, which was also his debut marathon. Austin runs for rabbit apparel and in June placed 2nd at the Dam to Dam 20K in Des Moines.

Timothy Rackers, USA

Twitter handle: @T_Rackers

Age: 25

Date of Birth: March 7, 1993

Residence: Louisville, Colorado

Bib: 20,036

Personal Best 10 Mile: 50:59 (2017 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 13:48.55 (2018)

10K Road: 31:14 (2017)

15K Road: 46:20 (2017)

Half Marathon: 1:06:46 (2016)

A 2016 graduate of the University of Tulsa, Tim Rackers was an All-Midwest Region Cross Country runner and multiple time All-ACC honoree. After placing 34th at last year's USATF 10 Mile Championships/Medtronic TC 10 Mile, Rackers placed 17th in the 5,000 meters at the 2018 USATF Outdoor Championships in June.

Mark Leininger, USA

Twitter handle: -

Age: 27

Date of Birth: February 28, 1991

Residence: Colts Neck, New Jersey

Bib: 20,037

Personal Best 10 Mile: 48:56 (2016 Medtronic TC 10 Mile)

Additional Personal Bests

10K Road: 30:07 (2016)

Half Marathon: 1:04:26 (2016)

Marathon: 2:20:16 (2017)

Mark Leininger graduated from American University in New York where he was coached by former U.S. distance running star Matt Centrowitz Sr. Now training with ASICS Greenville Track Club-Elite, this will be the fourth time Leininger has competed at the USATF 10 Mile Championships and his third time participating in the Medtronic TC 10 Mile. Leininger was 10th in 2014, 21st in 2015 and 16th in 2016.

Jake Waterman, USA

Twitter handle: -

Age: 27

Date of Birth: May 31, 1991

Residence: Golden, Colorado

Bib: 20,039

Personal Best 10 Mile: Debut

Additional Personal Bests

800 meters: 1:48.64 (2012)

3,000 meter Steeplechase: 8:44.37 (2014)

5,000 meters: 14:09.42 (2018)

Jake Waterman is a graduate of Wabash College in Crawfordsville, Indiana where he was a six-time NCAA Division III All-American and two-time national champion in the 800 meters. Since graduating, Waterman has moved up in distance taking runner-up honors in the 2014 Drake Relays 3,000 meter Steeplechase and most recently placing 11th in the USATF Distance Classic, again in the Steeplechase.

Mason Frank, USA

Twitter handle: -

Age: 29

Date of Birth: May 8, 1989

Residence: Aurora, Colorado

Bib: 20,041

Personal Best 10 Mile: 51:38 (2015 Medtronic TC 10 Mile)

Additional Personal Bests

5K Road: 14:54 (2017)

Half Marathon: 1:07:17 (2015)

Marathon: 2:18:34 (2015)

Mason Frank is a 2016 U.S. Olympic Marathon Team Trials qualifier, as well as a former Iowa State Running Club athlete. Currently a full-time high school math teacher, Frank was the top American and 6th place finisher at California International Marathon in 2015 and most recently finished 6th overall at the 2018 Jeff Winter City of Lakes Half Marathon in September with a time of 1:08:43.

Abinet Adraro, USA

Twitter handle: @AdraroAbinet

Age: 31

Date of Birth: January 12, 1987

Residence: Albuquerque, New Mexico

Bib: 20,042

Personal Best 10 Mile: 50:16 (2017 Austin 10 Mile)

Additional Personal Bests

10K Road: 29:53 (2018)

15K Road: 46:29 (2018)

Half Marathon: 1:06:54 (2016)

Marathon: 2:25:00 (2018)

Abinet Adraro has had a busy 2018, running three personal bests and placing 15th at the USATF 15k Championships, in addition to making his debut in the marathon at the Houston Marathon with a time of 2:25:00.

Pierce Murphy, USA

Twitter handle: @Murf_The_Surf

Age: 25

Date of Birth: August 23, 1993

Residence: Hanalei, Hawaii

Bib: 20,043

Personal Best 10 Mile: Debut

Additional Personal Bests:

3,000 meters: 8:02.4 (2016)

5,000 meters: 13:37.05 (2015)

10,000 meters: 28:48.79 (2016)

10K Road: 30:03 (2018)

A 2016 graduate of the University of Colorado – Boulder, Pierce Murphy was an eight time All-American in cross country and track & field, placing 4th in the 10,000 meters his senior year, as well as a 3rd place finish in the NCAA Division I Cross Country Championships the previous fall. In his only race of 2018, Murphy placed 8th at the Great Cow Harbor 10k in September. 2017 was

also a quiet year for Murphy only racing three times, including a 19th place finish at the legendary Peachtree Road Race.

Adam Jones, USA

Twitter handle: -

Age: 24

Date of Birth: March 11, 1994

Residence: Winston Salem, North Carolina

Bib: 20,044

Personal Best 10 Mile: Debut

Additional Personal Bests

One Mile: 4:02.26 (2015)

5,000 meters: 14:11.59 (2017)

8K Road: 24:03 (2017)

Originally running for Samford University, Adam Jones transferred to the University of Iowa in 2016 and went on to garner several All-Big Ten honors as one of the Hawkeyes' top runners. Since graduating in 2017, Jones placed 7th in the 3,000 meters at the Baie Mahault Meeting International Guadeloupe in France with a time of 8:25.94.

Aaron Easker, USA

Twitter handle: @RealAaronEasker

Age: 27

Date of Birth: May 20, 1991

Residence: Woodbury, Minnesota

Bib: 20,045

Personal Best 10 Mile: 50:42 (2015 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 14:18.91 (2013)

10K Road: 29:47 (2017)

Half Marathon: 1:05:38 (2018)

A graduate of the University of Wisconsin – Eau Claire, Aaron Easker was the 2013 NCAA Division III Track & Field 10,000 meter champion and was 29th in the 2015 USATF 10 Mile Championships/Medtronic TC 10 Mile. Easker was also 33rd at last year's USATF 10 Mile Championships/Medtronic TC 10 Mile and 43rd in the Houston Half Marathon earlier this year.

Tyler Morse, USA

Twitter handle: -

Age: 20,046

Date of Birth: January 23, 1994

Residence: Peoria, Illinois

Bib: 20,046

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 14:15.81 (2016)

10,000 meters: 30:13.44 (2016)

20K Road: 1:06:00 (2018)

Tyler Morse is a 2017 graduate of Illinois State University where his career highlights included multiple All-Missouri Valley Conference honors and four-straight Missouri Valley Conference Scholar Athlete awards. More recently, Morse was 5th at the Dam to Dam 20K in Des Moines, IA.

Stanley Kebenei, USA

Twitter handle: @tanuistan

Age: 28

Date of Birth: November 6, 1989

Residence: Colorado Springs, Colorado

Bib: 20,047

Personal Best 10 Mile: 46:36 (2017 Cherry Blossom 10 Mile)

Additional Personal Bests

3,000 meter Steeplechase: 8:08.30 (2017)

10,000 meters: 27:58.56 (2017)

15K Road: 43:29 (2017)

Half Marathon: 1:06:15 (2011)

Stanley Kebenei is a graduate of University of Arkansas and was originally born in Nakuru, Kenya. Focusing on the 3,000 meter Steeplechase for most of his career, Kebenei was a five-time All-American while at Arkansas and is the second fastest American of all-time in the steeplechase, behind only Evan Jager. Kebenei was 5th in the 2015 USATF Outdoor Championships, 13th at the 2016 U.S. Olympic Track & Field Team Trials and runner-up at the 2017 USATF Outdoor Championships, which qualified him for the 2017 IAAF World Outdoor Championships in London where he placed 5th. Kebenei was also 12th at the 2016 USATF 10 Mile Championships/Medtronic TC 10 Mile.

Trevor Capra, USA

Twitter handle: -

Age:

Date of Birth:

Residence:

Bib: 20,048

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 14:35.06 (2017)

10,000 meters: 29:39.66 (2018)

A 2018 graduate of South Dakota State University and All-Summit League honoree, Trevor Capra is originally from Rosemount, Minnesota and was 4th and 3rd in the 5,000 meters and 10,000 meters, respectively, at the 2018 Summit League Championships. Since graduating, Capra placed 6th at the 2018 Brian Kraft Memorial 5K in 14:56 and 11th at the 2018 Jeff Winter City of Lakes Half Marathon in 1:10:28. Capra was also 30th at the 2017 USATF Club Cross Country National Championships.

Eric Loeffler, USA

Twitter handle: @EricLoeffler262

Age: 41

Date of Birth: January 10, 1977

Residence: Minneapolis, Minnesota

Bib: 20,050

Personal Best 10 Mile: 48:55 (2014 Medtronic TC 10 Mile)

Additional Personal Bests

10K Road: 30:28 (2013)

Half Marathon: 1:04:31 (2013)

Marathon: 2:16:48 (2015)

A native of Fergus Falls, Minnesota and graduate of North Dakota State University, Eric Loeffler is a 2012 and 2016 U.S. Olympic Marathon Team Trials competitor. Loeffler is also a 2020 U.S. Olympic Marathon Team Trials qualifier after his 2:17:34 finish at the 2017 USATF Marathon Championships, which was hosted by the California International Marathon. His finish there was good for 25th place as well as the distinction of masters division champion. Additionally, Loeffler was 31st in the 2017 USATF 10 Mile Championships/Medtronic TC 10 Mile, 14th in the 2015 Grandma's Marathon (where he set his current personal best) and 10th in the 2014 Medtronic TC 10 Mile.

Obsa Ali, USA

Twitter handle: @obsali17

Age: 22

Date of Birth: February 17, 1996

Residence: Minneapolis, Minnesota

Bib: 20,051

Personal Best 10 Mile: Debut

Additional Personal Bests

3,000 meters: 8:07.02 (2016)

3,000 meter Steeplechase: 8:32.23 (2018)

5,000 meters: 13:43.13 (2018)

Minnesota native and University of Minnesota Golden Gopher, Obsa Ali is the school record holder at the U of MN and the 2017 NCAA champion in the 3,000 meter Steeplechase, the first outdoor national champion for the Gopher's men's track and field team since 2003. Ali is also a multiple-time Big Ten champion, multiple time All-Big Ten honoree and multiple time All-American. Ali was also the 2014 Minnesota high school state cross-country champion and a two-time All-High School American as well.

Joe Coffey, USA

Twitter handle: -

Age: 22

Date of Birth: October 23, 1995

Residence: Minneapolis, Minnesota

Bib:

Personal Best 10 Mile: Debut

Additional Personal Bests

One Mile: 4:00.60 (2018)

5,000 meters: 14:34.39 (2017)

15K Road: 50:50 (2018)

Joe Coffey, a native of Klamath Falls, Oregon and St. Olaf College alumnus, was a three-time NCAA Division III All-America honoree including a runner-up finish in the mile at the 2017 NCAA Division III Indoor Track & Field Championships. Coffey was also the 2016 MIAC Cross Country champion and garnered 17 All-MIAC honors at St. Olaf. Additionally, he placed fifth at the 2018 Medtronic TC 1 Mile in 4:05.7 and 2nd at the 2018 MDRA 15k/USATF Minnesota 15k Championships since graduating. He is also the defending WISCO Mile champion where he ran 4:00.60 earlier this year.

USATF 10 Mile Championships: Women

Sara Hall, USA

Twitter handle: @SaraHall3

Age: 35

Date of Birth: April 15, 1983

Residence: Flagstaff, Arizona

Bib: 20,101

Personal Best 10 Mile: 52:54 (2014 Cherry Blossom 10 Mile)

Additional Personal Bests

5,000 meters: 15:20.88 (2006)

10,000 meters: 32:35.87 (2015)

Half Marathon: 1:09:27 (2018)

Marathon: 2:26:20 (2018)

Sara Hall is one of the most decorated, proven, and versatile American women's distance runners of her generation, and she is also the defending USATF 10 Mile/Medtronic TC 10 Mile champion. She has won U.S. National Championships at distances all the way from one mile to the marathon, with her first national title coming in 2005 at the USATF 5K Championships and her most recent title coming in September 2018 at the USATF 20K Championships. In May 2018 Hall placed 3rd at the Ottawa Marathon in 2:26:20, a time that makes her the 9th fastest American marathoner of all-time for women. She has finished in the top ten of a USATF National Championship race, whether it be on the roads, track, or cross-country course, more than 30 times. Hall is also a graduate of Stanford University where she garnered seven All-American honors, and met her now husband, Ryan Hall—who is one of the best American male marathoners of all-time himself as well as the current men's American record holder in the half marathon.

Kellyn Taylor, USA

Twitter handle: @kellyn_taylor

Age: 32

Date of Birth: July 22, 1986

Residence: Flagstaff, Arizona

Bib: 21,102

Personal Best 10 Mile: 54:19 (2013 Cherry Blossom 10 Mile)

Additional Personal Bests

5,000 meters: 15:21.93 (2014)

10,000 meters: 31:40.70 (2016)

Half Marathon: 1:10:59 (2015)

Marathon: 2:24:28 (2018)

Recently christened Grandma's Marathon course record holder, Kellyn Taylor is a member of Northern Arizona Elite and a volunteer firefighter in her free time. In June 2018, Taylor ran 2:24:28 for a new personal record and a new course record at Grandma's Marathon, while also becoming the first American champion of the race since 2009. In 2013, Taylor was 4th at the USATF 10 Mile Championships, and in 2014 she finished 5th at the USATF Outdoor Championships. Since 2015 Taylor has been at the top of U.S. women's marathoning, making her debut at the Houston Marathon with a finishing time of 2:28:40, good for 6th place. In 2016, she placed 6th at the U.S. Olympic Marathon Team Trials and also competed in the 10,000 meters at the U.S. Olympic Track & Field Team Trials a few months later where she placed 4th, one spot away from becoming a U.S. Olympian. In 2017, she moved back to the marathon placing 13th at the London Marathon and 8th at the New York City Marathon.

Molly Huddle, USA

Twitter handle: @MollyHuddle

Age: 34

Date of Birth: August 31, 1984

Residence: Providence, Rhode Island

Bib: 20,103

Personal Best 10 Mile: 51:44 (2015 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 14:42.64 (2014)

10,000 meters: 30:13.17 (2016)

Half Marathon: 1:07:25 (2018)

Marathon: 2:28:13 (2016)

One of the most decorated women in American distance running history, Molly Huddle is a two-time U.S. Olympian (2012 & 2016), a 26-time U.S. National road champion (including the 2015 Medtronic TC 10 Mile), six-time National track champion, the 3rd place finisher from the 2016 New York City Marathon as well as the American record holder in the 10,000 meters, Half Marathon, and Road 5K. Huddle is also the Medtronic TC 10 Mile course record holder. In 2018, Huddle has won another USATF Outdoor Championship title in the 10,000 meters, another USATF 15k Championship title, and she also placed 15th at the Boston Marathon in April.

Rochelle Kanuho, USA

Twitter handle: @rochellekanuho

Age: 28

Date of Birth: July 4, 1990

Residence: Flagstaff, Arizona

Bib: 20,104

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 15:25.85 (2014)

10,000 meters: 32:08.76 (2015)
15K Road: 51:03 (2018)
Half Marathon: 1:10:49 (2018)

Northern Arizona University alumnus and All-American, Rochelle Kanuho, has recorded five top-ten finishes at USATF National Championship series events thus far in her career, including a third place finish at the 2018 USATF Half Marathon Championships and a pair of fifth place finishes at the 2018 USATF 15K Championships and the 2015 USATF 10K Championships. At the 2016 U.S. Olympic Track & Field Team Trials, Kanuho was 15th in the 5,000 meters and 7th in the 10,000 meters. Additionally, Kanuho placed 6th at the 2018 USATF Outdoor Championships in the 10,000 meters, which qualified her for the 2018 NACAC Championships where she earned a silver medal. Most recently, she placed 9th at the 2018 Beach to Beacon 10K road race in August.

Belainesh Gebre, USA

Twitter handle: -
Age: 30
Date of Birth: December 23, 1987
Residence: Flagstaff, Arizona
Bib: 20,105
Personal Best 10 Mile: 53:22 (2010 Cherry Blossom 10 Mile)

Additional Personal Bests

5,000 meters: 15:30.30 (2011)
10K Road: 31:33 (2010)
15K Road: 48:45 (2011)
Half Marathon: 1:08:51 (2012)
Marathon: 2:26:17 (2011)

Quickly making the transition to marathoning after several strong finishes at World Junior events, including two 5th place finishes at the IAAF World Junior Cross Country Championships in 2005 and 2006, Belainesh Gebre placed 4th at the 2011 Chicago Marathon in what is still her personal best marathon time. Earlier this year, Gebre was the runner-up at the Lima Marathon and 11th at the Bogota Half Marathon.

Emma Bates, USA

Twitter handle: @emmajbates
Age: 26
Date of Birth: July 8, 1992
Residence: Boise, Idaho
Bib: 20,106
Personal Best 10 Mile: 54:45 (2018 Cherry Blossom 10 Mile)

Additional Personal Bests

5,000 meters: 15:32.46 (2015)
5K Road: 15:57 (2016)
10K Road: 32:36 (2018)
Half Marathon: 1:11:45 (2018)

A graduate of Elk River High School in Minnesota, Emma Bates had a very successful collegiate cross country/track & field career while at Boise State University. Bates was a 12-time All-American at Boise State and was also the 2014 NCAA Division I champion at 10,000 meters. Additionally, Bates has represented the U.S. twice at the Great Edinburgh Cross Country meet in Scotland. Most recently, Bates placed 27th at the IAAF World Half Marathon Championships in a personal best time and 3rd at the USATF 20k Championships.

Bethany Sachtleben, USA

Twitter handle: @Bsach1
Age: 26
Date of Birth: February 2, 1992
Residence: Manassas, VA
Bib: 20,108
Personal Best 10 Mile: 54:59 (2018 Cherry Blossom 10 Mile)

Additional Personal Bests

10K Road: 34:45 (2016)
15K Road: 55:03 (2017)
Half Marathon: 1:13:28 (2017)

Three time Atlantic-10 conference champion and George Mason University alumnus, Bethany Sachtleben, recently placed 9th at the 2018 USATF 15k Championships in March as well as 8th at the 2018 USATF 20k Championships in September. Additionally, Sachtleben is the 2016 Washington Rock 'n' Roll Half Marathon champion and placed 16th at the 2016 Peachtree Road Race.

Maddie Van Beek, USA

Twitter handle: @MaddieMcBeek
Age: 27
Date of Birth: August 20, 1991
Residence: Fargo, North Dakota
Bib: 20,109
Personal Best 10 Mile: 54:23 (2016 Medtronic TC 10 Mile)

Additional Personal Bests

5K Road: 16:06 (2016)
10K Road: 33:23 (2016)
Half Marathon: 1:14:09 (2018)

A native of Perham, Minnesota, Maddie Van Beek graduated from North Dakota State University in 2015 after capping off her career with an All-American finish in the 3,000 meter Steeplechase at the 2015 NCAA Division I Track & Field Championships. Since graduating, Van Beek has had seven top 10 finishes at USATF National Championship events, including three in 2018 alone thus far.

Bridget (Lyons) Belyeu, USA

Twitter handle: @RunDocLyons

Age: 30

Date of Birth: February 5, 1988

Residence: Fairburn, Georgia

Bib: 20,110

Personal Best 10 Mile: 56:53 (2017 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 15:52.29 (2018)

10,000 meters: 33:05.91 (2018)

Half Marathon: 1:13:51 (2015)

Marathon: 2:36:24 (2017)

Currently training with Atlanta Track Club, Bridget Belyeu walked onto the University of Georgia Bulldogs team her freshman year and went on to qualify for the NCAA Championships multiple times and was also the 2010 SEC champion over 10,000 meters by the time she graduated. After taking a five-year hiatus to attend dental school after her receiving her undergraduate degree, Belyeu recently finished 12th at the 2017 USATF Marathon Championships hosted by the California International Marathon, qualifying her for the 2020 U.S. Olympic Marathon Team Trials.

Alia Gray, USA

Twitter handle: @AliaTGray

Age: 29

Date of Birth: November 12, 1988

Residence: Boulder, Colorado

Bib: 20,111

Personal Best 10 Mile: 55:12 (2015 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 15:35.86 (2015)

10,000 meters: 31:59.23 (2016)

Half Marathon: 1:12:48 (2016)

Marathon: 2:34:00 (2016)

After a knee injury kept her out of playing soccer in high school, Alia Gray found her true talent in cross country and track & field. Gray competed collegiately at Chico State University and went on to become a four-time NCAA Division II All-American. Post-collegiately, Gray has a 9th place finish at the 2014 USATF Half Marathon Championships, 10th place finish at both the 2016 U.S. Olympic Marathon Team Trials and the 2016 U.S. Olympic Track & Field Team Trials (10,000 meters), as well as an 8th place finish at the 2017 Chicago Marathon to her name.

Kim Conley, USA

Twitter handle: @KimConley

Age: 32

Date of Birth: March 14, 1986

Residence: West Sacramento, California

Bib: 20,113

Personal Best 10 Mile: 54:44 (2014 Sacramento SacTown 10 Miler)

Additional Personal Bests

3,000 meters: 8:44.11 (2014)

5,000 meters: 15:08.61

10,000 meters: 31:35.88

Half Marathon: 1:09:44 (2015)

Marathon: 2:41:38 (2016)

One of the best woman's distance runners of her generation, Kim Conley is a 2012 and 2016 Olympian, the 2014 USATF Outdoor Champion at 10,000 meters, the 2015 USATF Half Marathon Champion, and she also placed 12th in the 2013 IAAF World Outdoor Championships in the 5,000 meters. Interestingly enough, Conley never qualified for the NCAA Track & Field Championships while competing collegiately for Division I UC-Davis. 2018 has been relatively quiet thus far for Conley, but in 2017 she placed 12th at the prestigious Prefontaine Classic in the 5,000 meters. 2018 will be Conley's first Medtronic TC 10 Mile.

Anne-Marie Blaney, USA

Twitter handle: @annemarieblaney

Age: 25

Date of Birth: September 9, 1993

Residence: Rochester Hills, Michigan

Bib: 20,115

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 15:43.61 (2017)

10,000 meters: 32:57.88 (2018)

15K Road: 51:38 (2018)

An alumnus of the University of Central Florida, Anne-Marie Blaney left UCF with 16 school records, seven American Athletic Conference titles and two All-American honors. Since her time at UCF, Blaney has represented the U.S. at the Great Edinburgh Cross Country Meet, placing 19th, and has also recorded a 12th place finish in the 10,000 meters at the 2018 USATF Outdoor Championships.

Amy Regan, USA

Twitter handle: -

Age: 23

Date of Birth: October 25, 1994

Residence: Lenexa, Kansas

Bib: 20,116

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 16:27.32 (2016)

10,000 meters: 33:28.87 (2018)

Half Marathon: 1:19:32 (2015)

An NCAA Division III star from the Stevens Institute of Technology in New Jersey, Amy Regan was an incredible 13-time All-American and six-time National Champion while competing for the Ducks, including two cross country titles and the impressive 3,000/5,000 meter double in the indoor season and 5,000/10,000 meter double in the outdoor season—winning national titles in all four races in 2016. This past summer, Regan placed 18th in the 10,000 meters at the USATF Outdoor Championships.

Samantha Bluske, USA

Twitter handle: @Samantha_Bluske

Age: 27

Date of Birth: June 17, 1991

Residence: Tuscaloosa, Alabama

Bib: 20,117

Personal Best 10 Mile: 55:19 (2018 Cherry Blossom 10 Mile)

Additional Personal Bests

10,000 meters: 33:00.59 (2018)

15K Road: 53:13 (2017)

Half Marathon: 1:14:52 (2016)

Marathon: 2:41:13 (2015)

With a 2020 U.S. Olympic Marathon Team Trials qualifying time already secured, Samantha Bluske has been focusing on the shorter races in 2018 thus far—highlighted by a 13th place finish in the 10,000 meters at the USATF Outdoor Championships and a new 10 mile personal best of 55:19 at the Cherry Blossom 10 Mile.

Allison Cleaver, USA

Twitter handle: @aminicleaver

Age: 30

Date of Birth: August 18, 1988

Residence: Austin, Texas

Bib: 20,118

Personal Best 10 Mile: 56:27 (2014 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 16:11.54 (2015)

10,000 meters: 33:12.05 (2014)

Half Marathon: 1:13:21 (2015)

Marathon: 2:50:11 (2015)

In 2012, Allison Cleaver won the Austin LiveStrong Half Marathon and placed 6th in the Philadelphia Half Marathon. In 2015 she also placed 49th at the Chicago Marathon in what is still her personal best time. Recently, Cleaver finished as runner up in the Austin Cap 10K and also finished 21st in the Houston Half Marathon in January.

Katy (Moen) Jermann, USA

Twitter handle: @MoenEmDown

Age: 26

Date of Birth: April 20, 1992

Residence: Burnsville, Minnesota

Bib: 20,119

Personal Best 10 Mile: 56:04 (2018 Cherry Blossom 10 Mile)

Additional Personal Bests

5,000 meters: 15:52.72 (2015)

10K Road: 33:53 (2018)

Half Marathon: 1:14:30 (2016)

A native Iowan and current Team USA Minnesota athlete, Katy Jermann won two Big 12 Championships, earned two All-American honors, and was named the USTFCCA Midwest Women's Regional Track Athlete of the Year while competing for Iowa State University. Her career as a Cyclone was capped off her senior year when she led Iowa State to a runner-up finish at the NCAA Division I Cross Country Championships with her 6th place individual finish. Now training with Team USA Minnesota, Jermann most recently placed 6th at the 2018 Garry Bjorklund Half Marathon and was the 2018 Jeff Winter City of Lakes Half Marathon champion in a time of 1:15:32.

Esther Atkins, USA

Twitter handle: @ErbyAtkins

Age: 32
Date of Birth: April 20, 1986
Residence: Greenville, South Carolina
Bib: 20,120
Personal Best 10 Mile: 55:28 (2012 Blue Cross Broad Street Run)

Additional Personal Bests

10,000 meters: 33:42.51 (2015)
15K Road: 52:32 (2017)
Half Marathon: 1:13:46 (2016)
Marathon: 2:33:15 (2014)

Esther Atkins is the 2014 USATF Marathon Champion, which was hosted by the Medtronic Twin Cities Marathon, and she also represented the U.S. at the IAAF World Outdoor Track & Field Championships in Beijing, China in the marathon in 2015. As a collegiate athlete for Case Western Reserve University, Atkins was the NCAA Division III 10,000 meter champion and a six-time All-American. Recently, Atkins placed 13th at the 2017 Boston Marathon and 12th at the 2018 Osaka International Ladies Marathon.

Sandie Raines, USA

Twitter handle: @sandieraines
Age: 23
Date of Birth: July 27, 1995
Residence: Austin, Texas
Bib: 20,121
Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 15:48.04 (2015)
10K Road: 34:17 (2018)

Currently training with Mammoth Track Club, Sandie Raines is a graduate of the University of Texas where her career was highlighted by Big 12 titles in the 5,000 meters in both 2015 and 2016. In 2018, Raines ran 15:56.33 at the Mt. SAC Relays and placed 4th at the Great Cow Harbor 10K in a road 10K personal best of 34:17.

Gabi Anzalone, USA

Twitter handle: @Ganzalone28
Age: 24
Date of Birth: October 28, 1993
Residence: Madison, Wisconsin
Bib: 20,122
Personal Best 10 Mile: 56:07 (2016 Medtronic TC 10 Mile)

Additional Personal Bests

10K Road: 34:12 (2015)

15K Road: 52:37 (2017)

20K Road: 1:13:33 (2018)

University of Wisconsin Madison Badger alumnus, Gabi Anzalone, was a six-time Academic All-Big Ten selection, Academic All-American and a two-time All-Great Lakes Region honoree in cross-country. Since graduating in 2016, Anzalone placed 5th at the 2017 Shamrock Shuffle 8k and, most recently, 10th at the 2018 USATF 20k Championships in September.

Olivia Pratt, USA

Twitter handle: @oliviagpratt1

Age: 24

Date of Birth: January 21, 1994

Residence: Rochester Hills, Michigan

Bib: 20,123

Personal Best 10 Mile: Debut

Additional Personal Bests:

5,000 meters: 15:42.35 (2018)

10,000 meters: 33:08.31 (2016)

15K Road: 52:10 (2018)

Olivia Pratt is a Butler University alumnus and three-time All-American. She mostly recently placed 7th in the 5,000 meters at the 2018 USATF Distance Classic in May and 15th in the 10,000 meters at the USATF Outdoor Championships in June.

Ivette Mejia, USA

Twitter handle: -

Age: 28

Date of Birth: August 13, 1990

Residence: Tiburon, California

Bib: 20,124

Personal Best 10 Mile: 57:10 (2018 Blue Cross Broad Street Run)

Additional Personal Bests

5K Road: 16:38 (2017)

10K Road: 33:41 (2017)

15K Road: 55:44 (2016)

Half Marathon: 1:19:54 (2016)

Ivette Mejia was a NCAA Division III All-American for Saint Vincent College in Latrobe, PA and is currently training with Central Park Track Club in New York. She recently placed 5th at the 2018 Blue Cross Broad Street Run in a 10 mile personal best and 20th at the 2017 USATF 5k Road Championships.

Ellie Abrahamson, USA

Twitter handle: @ellieabrahamson

Age: 22

Date of Birth: November 11, 1995

Residence: Smyrna, Georgia

Bib: 20,125

Personal Best 10 Mile: Debut

Additional Personal Bests

3,000 meter Steeplechase: 9:56.18 (2017)

5,000 meters: 16:01.35 (2017)

10K Road: 34:05 (2018)

A Wake Forest University alumnus, Ellie Abrahamson was an All-American and two-time All-ACC honoree while competing in the 3,000 meter Steeplechase and 5,000 meters. In 2018, Abrahamson has placed 5th at the Carlsbad 5000 and 12th at the Peachtree Road Race.

Elaina Tabb, USA

Twitter handle: @ElainaTabb

Age: 26

Date of Birth: December 17, 1991

Residence: Watertown, Massachusetts

Bib: 20,126

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 15:32.49 (2017)

10K Road: 32:40 (2014)

Half Marathon: 1:12:29 (2018)

Elaina Tabb, a College of William & Mary graduate, has represented the United States in international competition three times- twice for the IAAF World Cross Country Championships (2015 & 2017) and once for the IAAF World Half Marathon Championships (2018), where she placed 64th. Tabb has placed in the top ten at a USATF National Championship event five separate times.

Emily Sisson, USA

Twitter handle: @Em_Sisson

Age: 26

Date of Birth: October 12, 1991

Residence: Providence, Rhode Island

Bib: 20,127

Personal Best 10 Mile: 52:03 (2016 Pittsburgh 10 Miler)

Additional Personal Bests

5,000 meters: 15:10.90 (2017)

5K Road: 15:42 (2016)

10K Road: 31:47 (2016)

Half Marathon: 68:21 (2017)

Emily Sisson is a 2015 graduate of Providence College where she was coached by Ray Tracey and garnered two NCAA titles, eleven All-American honors and eleven All-Conference awards. Since graduating, Sisson has been electrifying on the roads and the track. In 2015, she placed in the top three of two different USATF National Championships and continued her success in 2016 with two runner-up National Championship finishes along with her first national title at the 2016 USATF 10k Championships. She also participated in the 2016 U.S. Olympic Marathon Team Trials and in 2017 earned a spot on Team USA for the IAAF World Outdoor Championships in London where she finished 9th in the 10,000 meters. Additionally, Sisson, who trains with Molly Huddle, has the record for fastest half marathon debut by an American woman and most recently in 2018 placed 4th in the 10,000 meters at the USATF Outdoor Championships.

Stephanie Price, USA

Twitter handle: @minnesota_price

Age: 29

Date of Birth: July 30, 1989

Residence: Minneapolis, Minnesota

Bib: 20,128

Personal Best 10 Mile: Debut

Additional Personal Bests

10,000 meters: 34:02.15

Half Marathon: 1:14:39 (2013)

Marathon: 2:52:25 (2014)

A Mankato, Minnesota native and University of Minnesota Golden Gopher All-American, Stephanie Price placed 17th at the 2013 USATF Half Marathon Championships in Duluth, MN and 62nd at the 2015 Philadelphia Rock 'n' Roll Half Marathon. In the lone marathon of her career, she placed 55th overall at the 2014 California International Marathon in 2:52:25.

Jocelyn Todd, USA

Twitter handle: @jocelyn_todd

Age: 25

Date of Birth: May 12, 1993

Residence: Salt Lake City, Utah

Bib: 20,129

Personal Best 10 Mile: Debut

Additional Personal Bests

10K Road: 32:30 (2018)
Half Marathon: 1:15:33 (2017)
Marathon: 2:48:23 (2017)

Former University of Utah runner, Jocelyn Todd won the Deseret News Classic Half Marathon in Salt Lake City in 2017 in 1:15:33 and took that success into the Chicago Marathon that fall, where she placed 39th. Earlier in 2018 she was also the Salt Lake City 10k champion on the roads in 32:30.

Katie Kellner, USA

Twitter handle: @ktkellner
Age: 27
Date of Birth: August 4, 1991
Residence: Brighton, Massachusetts
Bib: 20,130
Personal Best 10 Mile: 57:27 (2017 Cherry Blossom 10 Mile)

Additional Personal Bests

10K Road: 33:05 (2014)
15K Road: 53:48 (2017)
Half Marathon: 1:14:41 (2014)
Marathon: 2:43:47 (2016)

Katie Kellner is a 2016 U.S. Olympic Marathon Team Trials participant where she placed 28th and is the 2015 Orlando Walt Disney World Half Marathon runner-up. Earlier in 2018, Kellner placed 10th in a time of 35:42 at the Great Cow Harbor 10K.

Dakotah (Bullen) Lindwurm, USA

Twitter handle: @dakotahbullen
Age: 23
Date of Birth: January 5, 1995
Residence: Minneapolis, Minnesota
Bib: 20,131
Personal Best 10 Mile: Debut

Additional Personal Bests

3,000 meters: 10:45.26 (2015)
5,000 meters: 16:43.86 (2017)
10K Road: 34:49 (2018)
Half Marathon: 1:16:16 (2018)

One of Team USA Minnesota's newest athletes, Dakotah Lindwurm is a 2013 graduate of St. Francis High School in Minnesota, where she competed in cross country and track & field and

was also the goaltender for the varsity hockey team. She is a 2018 graduate of NCAA Division II Northern State where she was a two-time All-American, once in track & field and once in cross country. In 2018, Lindwurm won the USATF Minnesota 8K Championship and made her half marathon debut at the Garry Bjorklund Half Marathon where she finished 13th.

Meghan Peyton, USA

Twitter handle: @nutMEGrunner

Age: 32

Date of Birth: January 6, 1986

Residence: Bloomington, Minnesota

Bib: 20,132

Personal Best 10 Mile: 54:42 (2014 Cherry Blossom 10 Mile)

Additional Personal Bests

5,000 meters: 15:41.09 (2009)

10K Road: 33:17 (2014)

Half Marathon: 1:13:56 (2010)

Marathon: 2:38:58 (2013)

Four All-American honors and multiple Big Ten titles at the University of Iowa was just the beginning for Meghan Peyton. Since graduating from Iowa and joining Team USA Minnesota, Peyton has recorded an impressive 25 top-10 finishes at USATF National Championship series events. She also competed in the 2012 and 2016 U.S. Olympic Marathon Team Trials and has represented the U.S. internationally four times in both cross country and track & field. Peyton is also the Head Cross Country and Assistant Track & Field Coach at Augsburg University in Minneapolis.

Laura Paulsen, USA

Twitter handle: -

Age: 29

Date of Birth: March 29, 1989

Residence: Brookline, Massachusetts

Bib: 20,133

Personal Best 10 Mile: 58:00 (2015 Medtronic TC 10 Mile)

Additional Personal Bests

10K Road: 34:36 (2014)

Half Marathon: 1:16:37 (2016)

Marathon: 2:39:54 (2014)

A member of the Johns Hopkins cross country and track & field teams from 2006-2010, Laura Paulsen was a four-time NCAA Division III All-American and two-time Mideast Runner of the Year. Most recently, Paulsen placed 58th at the 2017 Boston Marathon and 20th at the 2017 USATF 10 Mile Championships/Medtronic TC 10 Mile.

Samantha (Sundstrom) Calderon, USA

Twitter handle: -

Age: 23

Date of Birth: January 30th, 1995

Residence: Boulder, Colorado

Bib: 20,134

Personal Best 10 Mile: Debut

Additional Personal Bests

Half Marathon: 1:19:37 (2017)

Marathon: 2:44:44 (2018)

Samantha Calderon is originally from Sauk Rapids, Minnesota and graduated from St. Cloud State University where she was a three-time NCAA Division II All-American. She is currently training with Hudson Elite and placed 16th at the Houston Marathon earlier this year in 2:44:44.

Kathryn Fluehr, USA

Twitter handle: -

Age: 25

Date of Birth: June 13, 1993

Residence: Boulder, Colorado

Bib: 20,135

Personal Best 10 Mile: 58:41 (2017 Bronx 10 Mile)

Additional Personal Bests

5,000 meters: 16:23.06 (2015)

10,000 meters: 34:29.59 (2016)

Half Marathon: 1:15:59 (2017)

University of New Mexico graduate Kathryn Fluehr finished 12th in the 2017 Monterey Bay Half Marathon in a personal best time and most recently finished 13th at the 2018 USATF 20k Championships in September.

Lacey Krout, USA

Twitter handle: @laceykrout

Age: 28

Date of Birth: November 1, 1989

Residence: Atlanta, Georgia

Bib: 20,136

Personal Best 10 Mile: Debut

Additional Personal Bests

5K Road: 17:10 (2017)

10K Road: 36:01 (2018)
15K Road: 55:08 (2017)
Marathon: 3:03:55 (2014)

A current member of the Atlanta Track Club, Lacey Krout received her first accolades in the sport of track & field when she won state titles in the 300 meter hurdles, 400 meter dash, and 4x400m relay in high school. She started running cross country her senior year in high school and went on to run collegiately for Brigham Young University – Hawaii. She recently placed 18th at the USATF 15k Championships and was also 6th in the 2014 Portland Marathon and 25th at the 2016 Peachtree Road Race.

Hannah Everson, USA

Twitter handle: -

Age: 24

Date of Birth: April 21, 1994

Residence: Colorado Springs, Colorado

Bib: 20,137

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 16:04.37 (2016)

10,000 meters: 32:47.25 (2016)

A three-time All-American and many-time All-Conference/All-Region athlete from Air Force Academy, Hannah Everson capped off her collegiate career with a 3rd place finish in the 10,000 meters at the NCAA Outdoor Track & Field Championships in 2016. In April of this year, Everson placed 12th in the 10,000 meters at the Mt. SAC Relays.

Lauren Rice, USA

Twitter handle: @lau_rice

Age: 27

Date of Birth: June 26, 1991

Residence: Minneapolis, Minnesota

Bib: 20,140

Personal Best 10 Mile: 1:00:19 (2016 Minneapolis Hot Dash 10 Mile)

Additional Personal Bests

5K Road: 17:24 (2015)

10K Road: 35:53 (2018)

Half Marathon: 1:20:34 (2015)

Another native Minnesotan, Lauren Rice is a multi-time NCAA Division III All-American from Augsburg University in Minneapolis. In 2016, Rice placed 28th at the USATF 10 Mile Championships/Medtronic TC 10 Mile and, in 2018, she placed 6th at the Get in Gear 10k and

first in the Victory Labor Day 10k, giving her the title of USATF Minnesota 10k Champion. Rice also placed 6th at the 2016 Miami Half Marathon.

Moriah Palmer, USA

Twitter handle: @moriahpalmer

Age: 24

Date of Birth: September 10, 1994

Residence: Kenosha, Wisconsin

Bib: 20,141

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 16:48.43 (2016)

10,000 meters: 36:00.80 (2018)

Moriah Palmer is a 2018 graduate of the University of Wisconsin—Parkside and is a multiple time NCAA Division II All-American. Most recently, Palmer won the 10,000 meters at the Dr. Keeler Invitational in a personal best time.

Andrea Toppin, USA

Twitter handle: @atop1212

Age: 25

Date of Birth: December 12, 1992

Residence: St. Paul, Minnesota

Bib: 20,142

Personal Best 10 Mile: 1:02:19 (2016 Medtronic TC 10 Mile)

Additional Personal Bests

3,000 meters: 10:02.62 (2014)

3,000 meters Steeplechase: 10:43.78 (2013)

5,000 meters: 16:55.73 (2013)

Marathon: 2:52:51 (2017)

A 2016 graduate of Iowa State University, Andrea Toppin was a five-time Academic All-Big 12 honoree and most recently placed 9th in the 3,000 meter Steeplechase at the Fort Worth Big 12 Challenge in a time of 10:45.95. Toppin was also the 10th place finisher at the 2017 Medtronic Twin Cities Marathon.

Nicole Jefferson, USA

Twitter handle: -

Age: 42

Date of Birth: March 8, 1976

Residence: Denver, Colorado

Bib: 20,143

Personal Best 10 Mile: 57:22 (2011 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 15:20.51 (2004)

10K Road: 32:39 (2001)

Half Marathon: 1:12:30 (2008)

Marathon: 2:40:21 (2005)

Nicole Jefferson was the 2005 Medtronic Twin Cities Marathon champion, a multiple-time NCAA Division II All-American and one of the top American women's distance runners in the early 2000s to early 2010s. Jefferson was 10th in the 2012 U.S. Olympic Track & Field Team Trials 5,000 meters as well as 2nd in the 2017 Virginia Beach Rock 'n' Roll Half Marathon.

Pasca Myers, KEN

Twitter handle: -

Age: 32

Date of Birth: July 23, 1986

Residence: Fort Dodge, Iowa

Bib: 20,144

Personal Best 10 Mile: 57:33 (2014 Capital Pursuit 10 Mile)

Additional Personal Bests

10,000 meters: 33:23.63 (2010)

20K Road: 1:12:54 (2018)

Half Marathon: 1:14:31 (2013)

Marathon: 2:33:43 (2014)

Pasca Myers was the 2014 Grandma's Marathon champion and also placed 13th at the California International Marathon that same year. A graduate of Florida State, Myers was 5th in the 2010 NCAA Division I Outdoor Track & Field Championships 10,000 meters and was also the 2016 Des Moines Half Marathon runner-up.

Lexi Zeis, USA

Twitter handle: @LexiZeis

Age: 26

Date of Birth: April 28, 1992

Residence: Boulder, Colorado

Bib: 20,146

Personal Best 10 Mile: Debut

Additional Personal Bests

3,000 meters: 9:22.39 (2017)

5,000 meters: 16:23.22 (2017)

10,000 meters: 33:47.44 (2018)

Lexi Zeis, a 13-time All-Conference and 10-time NCAA Division II All-American honoree while at the University of Mary, is now training with Roots Running Project in Boulder, CO after graduating in May 2018. Zeis capped off her collegiate career with 14th and 10th place finishes in the 5,000 meters and 10,000 meters, respectively, at the 2018 NCAA Division II Outdoor Track & Field Championships.

Sasha Gallagher, USA

Twitter handle: -

Age: 23

Date of Birth: July 24, 1995

Residence: Mankato, Minnesota

Bib: 20,147

Personal Best 10 Mile: -

Lisa Baumert, USA

Twitter handle: @lisasuebaumert

Age: 31

Date of Birth: April 20, 1987

Residence: Minneapolis, MN

Bib: 20,149

Personal Best 10 Mile: 58:37 (2016 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 16:26.05 (2011)

10K Road: 35:00 (2017)

Half Marathon: 1:18:47 (2013)

Marathon: 2:41:17 (2010)

Two-time U.S. Olympic Marathon Team Trials qualifier and Minneapolis native, Lisa Baumert placed 18th at the 2017 USATF 10 Mile Championship/Medtronic TC 10 Mile and was also 42nd at the 2018 Houston Half Marathon in January.

Stephanie Wilson, USA

Twitter handle: -

Age: 28

Date of Birth: August 15, 1990

Residence: Edina, Minnesota

Bib:

Personal Best 10 Mile: Debut

Additional Personal Bests

Half Marathon: 1:18:37 (2018)

Marathon: 2:51:38 (2015)

Stephanie Wilson placed 40th at the 2018 Houston Half Marathon in January, 54th at the 2015 Chicago Half Marathon and 10th in the 2016 Hartford Half Marathon. Additionally, she finished 21st at the 2014 Medtronic Twin Cities Marathon.

Medtronic Twin Cities Marathon: Men

Elisha Barno, KEN

Twitter handle: -

Age: 33

Date of Birth: 1985

Residence: Santa Fe, New Mexico

Bib: 2

Personal Best Marathon: 2:09:32 (2018 Houston Marathon)

Additional Personal Bests

15K Road: 44:28 (2015)

10 Miles: 48:05 (2015)

Half Marathon: 1:01:44 (2015)

Elisha Barno is a three-time runner-up of the Medtronic Twin Cities Marathon (2015, 2016 and 2017) and is also the four-time defending Grandma's Marathon Champion; the only man in history to have won Grandma's four years in a row. He also won the 2017 Los Angeles Marathon and was 3rd at the 2018 Houston Marathon in a personal best time. His 2016 time from the Medtronic Twin Cities Marathon of 2:10:21 makes him the 3rd-fastest performer ever on that course.

Boniface Kongin, KEN

Twitter handle: @KonginB

Age: 28

Date of Birth: January 16, 1990

Residence: Albuquerque, New Mexico

Bib: 3

Personal Best Marathon: 2:14:00 (2014 York Marathon)

Additional Personal Bests

10K Road: 29:25 (2013)

10 Miles: 48:27 (2017)

Half Marathon: 1:02:02 (2014)

Boniface Kongin was the 2017 Philadelphia Marathon champion, the 2017 San Diego America's Finest City Half Marathon champion and also placed 4th at last year's Medtronic Twin Cities Marathon.

Nelson Oyugi, KEN

Twitter handle: -

Age: 26

Date of Birth: July 22, 1992

Residence: Albuquerque, New Mexico

Bib: 4

Personal Best Marathon: 2:11:41 (2016 California International Marathon)

Additional Personal Bests

10K Road: 29:22 (2015)

10 Miles: 46:56 (2014)

Half Marathon: 1:01:53 (2014)

In the second marathon of his career, Oyugi passed fellow Kenyan and fellow Medtronic Twin Cities Marathon participant Elisha Barno with 200 yards to go to win the 2016 California International Marathon. He placed 14th at the 2017 Grandma's Marathon in Duluth, Minnesota and 3rd at last year's Medtronic Twin Cities Marathon.

Cole Atkins, USA

Twitter handle: @cole_atkins

Age: 32

Date of Birth: November 21, 1985

Residence: Greenville, South Carolina

Bib: 5

Personal Best Marathon: 2:23:21 (2015 Boston Marathon)

Additional Personal Bests

10K Road: 29:51 (2013)

10 Miles: 47:44 (2013)

Half Marathon: 1:04:06 (2015)

Atkins graduated from High Point University (HPU) in 2008 where he was a four-year member of the Men's Soccer team and did not start competing in track & field/distance running until 2008 as a graduate student at HPU. He quickly found success and became a professional runner after graduating with an MBA. He is now a youth soccer coach while living and training in Greenville, SC and most recently placed 27th at the 2015 Boston Marathon and was the 2017 Sphinx Run Fest Swamp Rabbit Marathon champion. Husband to Medtronic TC 10 Mile women's participant, Esther Atkins.

Levi Severson, USA

Twitter handle: -

Age: 38

Date of Birth: July 3, 1980

Residence: Edina, Minnesota

Bib: 6

Personal Best Marathon: 2:27:21 (2010 Chicago Marathon)

Additional Personal Bests

5k Road: 15:19 (2018)

10K Road: 32:23 (2017)

10 Miles: 53:16 (2004)

Half Marathon: 1:09:39 (2006)

Levi Severson is a Minnesota-local, graduating from the University of St. Thomas for his undergraduate degree and the University of Minnesota's Carlson School of Management graduate school. Severson is also a military veteran and placed 7th at the 2010 Marine Corps Marathon, which was three weeks after his 48th place finish at the Chicago Marathon where he ran his personal best marathon that still stands today. Severson has run the Medtronic Twin Cities Marathon seven of the last eight years, most recently finishing 22nd at the 2017 edition of the race in 2:33:39.

Tony Weber, USA

Twitter handle: -

Age: 23

Date of Birth: July 30th, 1995

Residence: Leavenworth, Kansas

Bib: 8

Personal Best Marathon: Debut

Additional Personal Bests

3,000 meters: 8:41.47 (2017)

5,000 meters: 14:50.62 (2017)

10,000 meters: 30:28.66 (2016)

Tony Weber graduated from the University of Saint Mary in Kansas, and in 2016 claimed runner-up honors in the 10,000 meters at the Wichita State KT Woodman Classic, in what is still his personal best time. Weber also finished 11th at the 2017 Drake Relays in the 10,000 meters and, more recently, claimed runner-up honors in the 10,000 meters at the 2018 NAIA Outdoor Track & Field Championships.

Austin Richmond, USA

Twitter handle:

Age: 37

Date of Birth: 1981

Residence:

Bib: 9

Personal Best Marathon: 2:23:50 (2012 Jacksonville Marathon)

Additional Personal Bests

10 Miles: 53:37 (2014)

Half Marathon: 1:05:29 (2012)

Austin Richmond ran collegiately for Webber International University in Florida and is the 2016 Gasparilla Distance Classic Half Marathon champion as well as the 2008 and 2012 Jacksonville Marathon champion. Richmond also finished 39th and 51st at the 2009 Boston and Chicago Marathons, respectively.

Michael Ellenberger, USA

Twitter handle: @mpellenberger

Age: 26

Date of Birth: April 7, 1992

Residence: Chicago, IL

Bib: 10

Personal Best Marathon: 2:33:03 (2017 Boston Marathon)

Additional Personal Bests

10,000 meters: 30:21.96 (2013)

Half Marathon: 1:07:43 (2018)

A native of Edina, Minnesota, Michael Ellenberger graduated from Washington University in St. Louis with a Bachelor of Arts in Chemistry-Biochemistry where he earned three NCAA Championship appearances – two in cross country and one in track and field (10,000 meters). He currently attends Northwestern University School of Law and, most recently, placed 2nd at the 2018 Chicago Half Marathon in September with a new personal best time of 1:07:43.

Sean Brown, USA

Twitter handle: -

Age: 30

Date of Birth: January 10, 1988

Residence: Gunnison, Colorado

Bib: 11

Personal Best Marathon: 2:17:02 (2014 Grandma's Marathon)

Additional Personal Bests

10K Road: 31:01 (2014)

10 Miles: 50:04 (2014)

Half Marathon: 1:04:44 (2016)

Sean Brown competed in the 2016 U.S. Olympic Marathon Team Trials and was 10th in the 2016 Medtronic Twin Cities Marathon.

William Fladland, USA

Twitter handle: -

Age: 28

Date of Birth: June 6, 1990
Residence: Minneapolis, Minnesota
Bib: 13
Personal Best Marathon: 2:21:08 (2018 Illinois Marathon)

Additional Personal Bests

Half Marathon: 1:10:35 (2017)

William (Jordan) Fladland, a Coon Rapids, Minnesota native, ran collegiately at St. John's University and has improved his marathon personal best significantly in the last two years. At the 2017 Grandma's Marathon, Fladland ran 2:34:07 for 46th place. Fladland followed that up with a 2:29:18 finish good for 14th place at the 2017 Medtronic Twin Cities Marathon, and most recently he dropped another eight minutes by running 2:21:08 at the 2018 Illinois Marathon, earning him 3rd place overall.

David Saunders, USA

Twitter handle: @davidcsaunders
Age: 33
Date of Birth: October 17, 1984
Residence: New York, New York
Bib: 14
Personal Best Marathon: 2:29:45 (2015)

Additional Personal Bests

20K Road: 1:06:19 (2016)
Half Marathon: 1:08:11 (2014)

David Saunders finished as runner-up at the 2013 Albany Mohawk Hudson River Half Marathon in 1:09:59 and was also 12th place in the 2014 Brooklyn Half Marathon in 1:08:11, which is still his personal best. More recently, Saunders was 76th at the 2015 USATF Half Marathon Championships in Houston and 31st overall at the 2017 New York City Marathon.

Gregory Leak, USA

Twitter handle: @GregoryLeak
Age: 30
Date of Birth: April 21, 1988
Residence: Tacoma, Washington
Bib: 16
Personal Best Marathon: 2:16:56 (2017 California International Marathon)

Additional Personal Bests

10,000 meters: 28:58.87 (2017)
10 Mile: 50:01 (2013)
Half Marathon: 1:05:02 (2014)

Marathon: 2:16:56 (2017)

Greg Leak is an NCAA All-American, graduating from Dickinson College. Leak has already earned his spot on the starting line of the 2020 U.S. Olympic Marathon Team Trials after his 17th place 2:16:56 performance at the 2017 USATF Marathon Championships, hosted by the California International Marathon. Leak also placed 13th at the 2017 Portland Track Festival in the 10,000 meters and set a course record at the 2018 Hot Chocolate 15k in Seattle with a time of 47:34.

Dominic Korir, KEN

Twitter handle:

Age: 25

Date of Birth: May 12, 1993

Residence: Plymouth, Minnesota

Bib: 17

Personal Best Marathon: 2:17:32 (2017 Medtronic Twin Cities Marathon)

Additional Personal Bests

10 Miles: 46:44 (2017)

Half Marathon: 1:03:27 (2017)

Dominic Korir, currently residing in Plymouth, Minnesota, has broken his personal best marathon in the last two races he has run. Korir was 6th place at last year's Medtronic Twin Cities Marathon in 2:17:32, then he followed that up with a 2:16:26 finish at the 2018 Grandma's Marathon, which was also good for 6th place. Additionally, Korir claimed runner-up honors at the 2017 America's Finest City Half Marathon and was the 2017 Blue Cross Broad Street Run champion, as well as the 2017 Birmingham (Alabama) Mercedes Marathon champion.

Teklu Deneke, ETH

Twitter handle: @deneke_teklu

Age: 39

Date of Birth: July 23, 1979

Residence: Flagstaff, Arizona

Bib: 18

Personal Best Marathon: 2:12:05 (2007 Valencia Marathon)

Additional Personal Bests

10K Road: 30:03 (2011)

10 Mile: 49:35 (2009)

Half Marathon: 1:04:25 (2011)

Teklu Deneke is a native Ethiopian with a long history of world-class marathon performances. In 2009 he won the Reggio Emilia Marathon in Italy, he was the runner-up at the 2011 Grandma's

Marathon by only .2 seconds, and he also placed 13th at the New York City Marathon that same year. Most recently, he won the 2017 Columbus Marathon and the 2018 Eugene Marathon.

Japhet Kipkoech, KEN

Twitter handle: -

Age: 27

Date of Birth: November 27, 1990

Residence: Tucson, Arizona

Bib: 19

Personal Best Marathon: Debut

Additional Personal Bests

5K Road: 14:02 (2017)

10K Road: 29:47 (2018)

10 Mile: 48:43 (2018)

Half Marathon: 1:05:07 (2016)

A multi-time All-Conference and All-Region athlete at the University of Louisville, Japhet Kipkoech's post collegiate running career has been highlighted by a 5th place finish at the 2016 San Diego America's Finest City Half Marathon, as well as runner-up finishes at the Louisville Papa John's 10 Mile in each of the last two years.

Wilson Karanja, USA

Twitter handle: -

Age: 35

Date of Birth: September 26, 1983

Residence: Elk River, Minnesota

Bib: 20

Personal Best 10 Mile: Debut

Additional Personal Bests

One Mile: 4:31.40 (2017)

10K Road: 32:01 (2017)

Half Marathon: 1:11:29 (2017)

Wilson Karanja, currently residing in Elk River, Minnesota, placed 5th overall at the 2017 Run Madtown Half Marathon and 12th at the 2017 Medtronic TC 1 Mile.

Tyler Jermann, USA

Twitter handle: @TylerJermann

Age: 26

Date of Birth: August 19, 1992

Residence: Burnsville, Minnesota

Bib: 21

Personal Best Marathon: 2:16:39 (2018 Houston Marathon)

Additional Personal Bests

10K Road: 30:53 (2018)

10 Mile: 49:42 (2017)

Half Marathon: 1:07:01 (2015)

Marathon: 2:16:39 (2018)

Tyler Jermann is a 2015 graduate of Iowa State University where he was a three-time Academic All-Big 12 honoree. Training in Flagstaff his first two years post-college, Jermann qualified for the 2016 U.S. Olympic Marathon Team Trials and finished 36th. From 2015-2017 he has run seven marathons, with a best of 2:16:52 at the 2017 Pittsburgh Marathon where he placed 3rd. He also won the USATF 50k Championships in 2017 in the second fastest time ever by a North American. Now training with Team USA Minnesota, Jermann was 10th in the 2017 Grandma's Marathon and 7th in the 2018 Houston Marathon in January. He is also the husband of women's Medtronic TC 10 Mile participant Katy Jermann.

Tim Harder, USA

Twitter handle: @riddler2311

Age: 33

Date of Birth: August 8, 1985

Residence: Somerville, Massachusetts

Bib: 26

Personal Best Marathon: 2:29:44 (2016 Medtronic Twin Cities Marathon)

Tim Harder is a four-time Medtronic Twin Cities Marathon competitor, finishing 33rd in 2012 (2:30:24), 58th in 2014 (2:39:20), 13th in 2016 (2:29:44) and 23rd in 2017 (2:35:58). Harder also finished 5th at the 2012 San Francisco Marathon and 115th at the 2015 Chicago Marathon.

John Keane, USA

Twitter handle: -

Age: 37

Date of Birth: November 5, 1980

Residence: Blaine, Minnesota

Bib: 27

Personal Best Marathon: 2:28:32 (2016 Medtronic Twin Cities Marathon)

Additional Personal Bests

3,000 meters: 8:17.58 (2003)

5,000 meters: 14:16.53 (2003)

John Keane kicked off his marathon career with a runner-up finish at the 2011 Portland Marathon in 2:30:45 and followed that up with a 2:29:38 finish at the 2012 Eugene Marathon,

earning him 7th place. In 2016, Keane placed 12th at the Medtronic Twin Cities Marathon in 2:28:32.

Timothy Lillehaugen, USA

Twitter handle: -

Age: 28

Date of Birth: May 19, 1990

Residence: Minneapolis, Minnesota

Bib: 28

Personal Best Marathon: 2:35:52 (2016 Medtronic Twin Cities Marathon)

Additional Personal Bests

3,000 meters: 8:36.15 (2013)

5,000 meters: 15:08.29 (2013)

10 Mile: 53:14 (2014)

Half Marathon: 1:10:27 (2014)

Tim Lillehaugen is a 2013 graduate of St. Olaf College in Northfield, Minnesota where he was a four-time All-MIAC honoree. Lillehaugen placed 10th overall (in the non-elite division) at the 2015 Medtronic TC 10 Mile and 47th at the 2016 Garry Bjorklund Half Marathon in Duluth, MN. Lillehaugen was also 25th in the 2016 Medtronic Twin Cities Marathon and most recently finished 122nd at the 2017 Chicago Marathon.

Matthew Wiersum, USA

Twitter handle: @tonkarunguy

Age: 30

Date of Birth: December 9, 1987

Residence: Minneapolis, Minnesota

Bib: 29

Personal Best Marathon: 2:28:23 (2017 California International Marathon)

Additional Personal Bests

15K Road: 51:30 (2017)

10 Mile: 54:08 (2017)

Half Marathon: 1:13:05 (2010)

Marathon: 2:28:23 (2017)

Matthew Wiersum is a 2010 graduate of Hope College in Michigan and a native of Minnetonka, MN. At Hope, Wiersum was a three-time All-Conference honoree as well as a NCAA All-Region award winner. Since graduating, Wiersum has hit his stride in the marathon, first with a 2:29:52 finish at the 2016 Grandma's Marathon good for 24th place overall and most recently with a 2:28:23 finish good for 90th place at the 2017 USATF Marathon Championships, hosted by the California International Marathon.

Boaz Kipyego, KEN

Twitter handle: -

Age: 26

Date of birth: November 7, 1991

Residence: Eldoret, Kenya

Bib: 37

Personal Best Marathon: 2:12:59 (2015 Zurich Marathon)

Additional Personal Bests

15K Road: 44:47 (2016)

Boaz Kipyego is an experienced marathoner, having completed eight marathons thus far in his career, sticking solely to the roads and the marathon distance with the exception of an 8th place finish in the Zane Branson Memorial 15K in 2016. Kipyego is also the 2017 Des Moines Marathon and the 2014 Bucuresti Marathon champion. He also finished 5th in the 2015 Zurich Marathon and most recently 5th in the Lyon Marathon.

Lamech Mosoti, KEN

Twitter handle: -

Age: 37

Date of birth: April 7, 1981

Residence:

Bib: 38

Personal Best Marathon: 2:13:28 (2012 Grandma's Marathon)

Additional Personal Bests

5,000 meters: 14:11.00 (2007)

10K Road: 29:40 (2008)

Half Marathon: 1:02:53 (2008)

Lamech Mosoti is the 2008 Grandma's Marathon champion and the 2012 Grandma's Marathon 3rd place finisher. Mosoti also won the 2013 Victoria Marathon as well as the 2014 Cowtown Marathon and was runner-up at the 2015 Toronto Marathon. Most recently, Mosoti placed 5th at the Niagara Falls Half Marathon in October 2016.

Medtronic Twin Cities Marathon: Women

Jane Kibii, KEN

Twitter handle: -

Age: 33

Date of Birth: March 10, 1985

Residence: Auburn, California

Bib: 101

Personal Best Marathon: 2:30:01 (2016 Medtronic Twin Cities Marathon)

Additional Personal Bests

5K Road: 16:03 (2009)

10K Road: 32:23 (2006)

10 Miles: 53:21 (2016)

Half Marathon: 1:10:25 (2011)

Jane Kibii is the two-time defending champion of the Medtronic Twin Cities Marathon, posting winning times of 2:30:01 in 2016 and 2:30:25 in 2017. Kibii was also the Grandma's Marathon champion and Medtronic Twin Cities Marathon runner-up in 2015. Outside of Minnesota, Kibii won the 2009, 2010 and 2011 Carlsbad Half Marathons, while also finishing 2nd at the 2014 California International Marathon. In 2018 thus far, Kibii has been atop the podium twice after coming across the line first at the Sacramento SacTown 10 Mile and at the San Francisco Bay to Breakers 12K road race—in addition to a runner-up finish at the San Diego Rock 'n' Roll Half Marathon.

Sarah Kiptoo, KEN

Twitter handle: -

Age: 29

Date of Birth: 1989

Residence: Santa Fe, New Mexico

Bib: 102

Personal Best Marathon: 2:26:31 (2013 Grandma's Marathon)

Additional Personal Bests

10K Road: 33:04 (2013)

10 Miles: 53:56 (2013)

Half Marathon: 1:11:21 (2013)

Sarah Kiptoo is the 2013 and 2016 Grandma's Marathon champion and the 2016 California International Marathon champion. She was also 2nd at the Medtronic Twin Cities Marathon in 2016 and 4th in both 2015 and 2017, as well as 3rd place in both the 2014 and 2015 editions of Grandma's Marathon. Additionally, Kiptoo won the 2017 Philadelphia Marathon, 2014

Cleveland Marathon, 2014 Casablanca Marathon, the 2013 Big Sur Half Marathon and the 2013 Pittsburgh 10 Mile.

Serkalem Abrha, ETH

Twitter handle: -

Age: 31

Date of Birth: March 8, 1987

Residence: Albuquerque, New Mexico

Bib: 103

Personal Best Marathon: 2:31:40 (2015 Medtronic Twin Cities Marathon)

Additional Personal Bests

10 Miles: 56:40 (2011)

Half Marathon: 1:12:24 (2016)

Serkalem Abrha is the 2015 Medtronic Twin Cities Marathon champion and was third in both 2010 and 2016. Abrha also placed third at Grandma's Marathon in 2017 and 2018. She represented Ethiopia at the 2011 IAAF World Cross Country Championships and is the 2017 Pikes Peak Ascent champion as well as the runner-up at the 2016 Carlsbad Half Marathon and the 2016 Los Angeles Marathon.

Heather Lieberg, USA

Twitter handle: @lieberg_heather

Age: 39

Date of Birth: June 18, 1979

Residence: Helena, Montana

Bib: 104

Personal Marathon Best: 2:34:09 (2014 Medtronic Twin Cities Marathon)

Additional Personal Bests

5,000 meters: 17:41.12 (2014)

Half Marathon: 1:13:10 (2015)

Originally from Montana, Heather Lieberg is a mother of three and a full-time 2nd grade elementary school teacher. Lieberg only started running in her mid-20s after playing collegiate basketball, but that didn't stop her from qualifying for the 2016 U.S. Olympic Marathon Team Trials when she ran 2:39:55 at the 2013 California International Marathon, placing 8th. She would go on to place 16th at the Olympic Trials and 6th at Grandma's Marathon later that year. Lieberg was also a member of Team USA for the 2015 IAAF World Outdoor Championships, participating in the marathon, and more recently she placed 22nd at the Lilac Bloomsday Run in May of 2017.

Elizabeth Frick, USA

Twitter handle: -

Age: 23

Date of Birth: October 27, 1994

Residence: Eagan, Minnesota

Bib: 105

Personal Best Marathon Best: Debut

Additional Personal Bests

5000m Track: 17:06.47 (2018)

10K Road: 35:21 (2018)

Half Marathon: 1:19:15 (2018)

Elizabeth Frick, a University of Wisconsin—Lacrosse alumnus, Eagan, Minnesota native and 2016 WIAC Cross Country Athlete of the Year, was selected as a nominee for the 2017 NCAA Woman of the Year award. She was also a NCAA Division III All-American in cross country and multi-time Academic All-American, Frick also completed her NCAA eligibility in track & field as a Golden Gopher last year while attending graduate school at the University of Minnesota. A quiet 2018 thus far, Frick placed 5th in April's Get in Gear 10K with a time of 35:21.

Sarah Horbol, USA

Twitter handle: @sarah6486

Age: 32

Date of Birth: June 4, 1986

Residence: Westlake, Ohio

Bib: 106

Personal Best Marathon: 2:51:36 (2018 Cleveland Marathon)

Additional Personal Bests

5K Road: 17:44 (2014)

10 Mile: 1:00:21 (2018)

Half Marathon: 1:21:02 (2017)

Sarah Horbol is the 2018 Cleveland Marathon Champion, and she also placed 7th at the 2018 Cleveland 10 Mile. Horbol, who did not run collegiate cross country or track & field but just ran to stay in shape and stay in touch with the sport, is also a full time fifth grade teacher at Heritage Elementary School in Avon, Ohio.

Simegn Abnet Yeshanbel, ETH

Twitter handle: @simgna2abnet

Age: 32

Date of Birth: February 2, 1986

Residence: Bayfield, Colorado

Bib: 108

Personal Best Marathon: 2:32:28 (2014 Des Moines Marathon)

Additional Personal Bests

10K Road: 33:07 (2015)

10 Miles: 54:43 (2015)

Half Marathon: 1:12:23 (2016)

Simegn Abnet Yeshanbel is the 2014 Des Moines Marathon champion and also placed 3rd in the 2015 Medtronic Twin Cities Marathon. Additionally, Yeshanbel has recorded victories at the 2016 Carlsbad Half Marathon and 2016 Garry Bjorklund Half Marathon, as well as a 3rd place finish at the 2017 Kobe Marathon. She also has quite the international racing resume, competing in races in Spain, Brazil, Italy, France, Mexico, Japan, the U.S. and more.

Emily Potter, USA

Twitter handle: -

Age: 39

Date of Birth: March 28, 1979

Residence: Southern Pines, North Carolina

Bib: 109

Personal Best Marathon: 2:39:55 (2012 Houston Marathon- U.S. Olympic Marathon Team Trials)

Additional Personal Bests

10K Road: 35:27 (2011)

10 Miles: 57:51 (2013)

Half Marathon: 1:16:56 (2011)

Emily Potter is the 2015 Edmonton Marathon champion and was also a competitor in the 2016 U.S. Olympic Marathon Team Trials where she finished 40th in a personal record time. Earlier on in her career, she was 3rd at the 2011 Jacksonville Half Marathon and 24th at the 2011 Rotterdam Marathon, while also placing 10th at the 2010 Grandma's Marathon. Earlier in 2018, Potter finished 37th overall in the Houston Marathon with a time of 2:58:47.

Sarah Pease, USA

Twitter handle: @spease31

Age: 30

Date of Birth: November 9, 1987

Residence: Bloomington, Indiana

Bib: 110

Personal Best Marathon: 2:38:19 (2017 California International Marathon)

Additional Personal Bests

3,000 meter Steeplechase: 9:40.94 (2016)

5,000 meters: 16:10.36 (2015)

10 Mile: 56:20 (2018)

Half Marathon: 1:13:43 (2016)

Sarah Pease was a three-time All-American while studying at Indiana University and was also the 2011 Big Ten 3,000 meter Steeplechase champion. Pease also qualified for the 2016 U.S. Olympic Marathon Team Trials, later going on to compete in the 2016 U.S. Olympic Track & Field Team Trials a few months later where she finished 10th in the 3,000 meter Steeplechase. In 2018, she finished 1st in the 5,000 meters at the Tennessee Relays in a time of 16:42.87, 1st at the Louisville Papa John's 10 Mile and also finished 8th at the 2018 USATF Outdoor Championships in the 3,000 meter Steeplechase.

Elizabeth (Yetzer) Spehar, USA

Twitter handle: @ElizabethYetzer

Age: 30

Date of Birth: May 1, 1988

Residence: St. Paul, Minnesota

Bib: 111

Personal Best Marathon: 2:57:07 (2016 Chicago Marathon)

Additional Personal Bests

10 Miles: 1:00:00 (2011)

Half Marathon: 1:17:00 (2014)

Elizabeth Spehar is a 2010 graduate of the University of Minnesota where she was a three-time All-Midwest Region cross-country honoree and multiple-time NCAA Championships qualifier. After graduating, Spehar went on to place 37th at the 2014 USATF Half Marathon Championships in a personal best time. In her marathon debut at the 2016 Chicago Marathon, Spehar placed 65th and, in 2018, she most recently finished 12th at the Jeff Winter City of Lakes Half Marathon in September. Additionally, Spehar was 30th at the 2011 USATF 10 Mile Championship/Medtronic TC 10 Mile.

Ariella Degner, USA

Twitter handle: @asgottfried

Age: 31

Date of Birth: April 29, 1987

Residence: Newport, Minnesota

Bib: 112

Personal Best Marathon: 2:46:08 (2011 Grandma's Marathon)

Additional Personal Bests

10 Mile: 1:01:59 (2018)

Half Marathon: 1:19:43 (2012)

Ariella Degner was the 2009 Detroit Marathon runner-up and the 3rd place finisher at the 2011 Fargo Half Marathon. In 2010, Degner placed 35th at the Boston Marathon and 29th at the USATF 15K Championships. In what is still her personal best marathon time, Degner finished 27th at the 2011 Grandma's Marathon and, most recently, Degner claimed runner-up honors at the 2018 Women Run the Cities 10 Mile.

Angie Williams, USA

Twitter handle: -

Age: 39

Date of Birth: September 20, 1979

Residence: Minneapolis, Minnesota

Bib: 113

Personal Best Marathon: 2:59:28 (2013 Medtronic Twin Cities Marathon)

Additional Personal Bests

10K Road: 37:09 (2011)

10 Mile: 1:01:51 (2017)

Half Marathon: 1:21:42 (2018)

Angie Williams finished 40th at the 2013 Medtronic Twin Cities Marathon and 32nd at the 2018 Garry Bjorklund Half Marathon in Duluth, Minnesota.

Kerry Allen, USA

Twitter handle: -

Age: 30

Date of Birth: July 22, 1988

Residence: Washington D.C., USA

Bib: 114

Personal Best Marathon: 2:52:02 (2015 California International Marathon)

Additional Personal Bests

10 Mile: 58:49 (2017)

Half Marathon: 1:19:28 (2016)

Kerry Allen competed in cross country and track & field collegiately for one year at Duke University, before taking a 5-year hiatus from the sport. After running her first marathon in 2011, she began to get back into the sport and joined Georgetown Running Club. Since then, she has finished 9th at the 2017 Pittsburgh 10 Mile, 2nd at the 2016 Washington Rock 'n' Roll Half Marathon and 21st at the 2013 Eugene Marathon. Allen is now a Health Policy Advisor for the United States Senate.

Mary Wirtz, USA

Twitter handle: -

Age: 31

Date of Birth: June 22, 1987

Residence: Rochester, Minnesota

Bib: 115

Personal Best Marathon: 3:06:28 (2017 Chicago Marathon)

Nancy Buselmeier, USA

Twitter handle: -

Age: 35

Date of Birth: August 5, 1983

Residence: Buffalo, Minnesota

Bib: 116

Personal Best Marathon: 2:56:45 (2015 Medtronic Twin Cities Marathon)

Additional Personal Bests

5K Road: 18:06 (2009)

10 Mile: 66:02 (2007)

Half Marathon: 1:23:25 (2012)

25K Road: 1:58:12 (2011)

Nancy Buselmeier, former College of St. Benedict cross country and track & field athlete, won the 2015 Lake Wobegon Trail Marathon in a course record time of 3:00:15. Buselmeier also finished 23rd in the 2011 Jeff Winter City of Lakes 25K with a time of 1:58:12 and 21st in the 2009 Garry Bjorklund Half Marathon in Duluth, MN.

Leilani Rios, USA

Twitter handle: -

Age: 38

Date of Birth: January 17, 1980

Residence: Irvine, California

Bib: 117

Personal Best Marathon: 2:46:51 (2016 Houston Marathon)

Additional Personal Bests

10K Road: 35:30 (2015)

10 Mile: 1:01:08 (2015)

Half Marathon: 1:17:03 (2016)

Leilani Rios is the runner-up from the 2013 Southern California Half Marathon, the 3rd place finisher at the 2014 Long Beach Half Marathon and the 52nd place finisher in the 2014 California

International Marathon. More recently, Rios was 28th in the 2016 Houston Marathon where she ran her current personal best time.

Sinke Biyadgilign, ETH

Twitter handle: -

Age: 23

Date of Birth: October 11, 1994

Residence: Washington D.C., USA

Bib: 118

Personal Best Marathon: 2:34:24 (2017 Istanbul Marathon)

Additional Personal Bests

10K Road: 32:32 (2017)

15K Road: 54:17 (2016)

Half Marathon: 1:13:12 (2016)

Sinke Biyadgilign is the 2016 Fairfield Half Marathon champion and also competed in the 2016 IAAF World Half Marathon Championships in Great Britain, placing 29th in her now half marathon personal best. Biyadgilign also placed 6th at the 2013 Nanning Half Marathon in China and, most recently, ran the Healthy Kidney 10K in New York in 32:56, good for 5th place.

Joan Massah, KEN

Twitter handle: -

Age: 28

Date of Birth: January 2, 1990

Residence: Savage, Minnesota

Bib: 119

Personal Best Marathon: 2:43:19 (2016 Lima Marathon)

Additional Personal Bests

10K Road: 35:23 (2016)

10 Mile: 57:48 (2017)

Half Marathon: 1:21:57 (2016)

Joan Massah placed 3rd at both the 2016 Niort Half Marathon in France and the 2016 Lima Marathon in Peru. Originally from Kenya, Massah also placed 16th at the 2017 Seoul Dong-A International Marathon in 2:43:43 and 1st at the 2017 Des Moines Capitol Pursuit 10 Mile in 57:48. In 2018, Massah placed eighth at the Get in Gear 10k in Minneapolis in 36:37.

Nichole Porath, USA

Twitter handle: @nicholeporath

Age: 35

Date of Birth: July 1, 1983

Residence: Northfield, Minnesota

Bib: 120

Personal Best Marathon: 2:44:12 (2012 Houston Marathon- U.S. Olympic Marathon Team Trials)

Additional Personal Bests

5,000 meters: 17:52.08 (2011)

10 Mile: 1:00:46 (2012)

Half Marathon: 1:24:34 (2009)

Nichole Porath grew up in Marshall, MN and graduated from Gustavus Adolphus College in St. Peter, MN. After graduating, she qualified for the 2012 U.S. Olympic Marathon Team Trials and ran a personal record there of 2:44:12, finishing in 69th place. Porath is also the 2013 Fargo Marathon champion, placed 20th at the 2010 Medtronic Twin Cities Marathon and was 11th at the 2012 Grandma's Marathon.

Tierney Wolfgram, USA

Age: 15

Date of Birth: May 10, 2003

Residence: Woodbury, Minnesota

Bib: 121

Personal Best Marathon: Debut

Additional Personal Bests

1,600 meters: 4:58.53 (2018)

3,200 meters: 10:34.17 (2018)

5,000 meters (XC): 16:48.67 (2017)

Tierney Wolfgram, currently a sophomore at Math & Science Academy in Woodbury, MN, first came on to the Minnesota running scene when she placed 10th at the 2015 Minnesota Class A State Cross Country Meet as a seventh grader. Since then, Wolfgram has won four Minnesota high school state titles in either cross-country or track & field, including winning both the 1,600 meters and the 3,200 meters as an 8th grader in 2017 at the state track & field meet. Last fall, as a freshman during the 2017-18 school year, after winning the 2017 Minnesota Class A State Cross Country title for the second year in a row, Wolfgram went on to win the Nike Heartland Regional and place 27th at Nike Nationals in Portland, Oregon. Equally as exciting, Wolfgram also finished 7th at the infamous Foot Locker National Cross Country Championships a week later.

Gretchen Johnson,

Twitter handle: -

Age: 32

Date of Birth:

Residence:

Bib: 125

Personal Best Marathon: