

Medtronic TC 10 Mile: Men

Calvin Lehn, USA

Age: 27

Residence: Fort Collins, Colorado

High School: Rosemount High School (MN)

College: St. Olaf College (MN)

Bib: 10001

Personal Best 10 Mile: 50:49 (2019 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 14:44 (2019)

10,000 meters: 30:48 (2019)

Half Marathon: 1:06:53 (2020)

A native of Rosemount, Minnesota and the 2018 Medtronic TC 10 Mile open division champion, Calvin Lehn was a NCAA Division III All-American in cross country in 2015 at St. Olaf College, and more recently ran 1:07:00 at the 2020 Chevron Houston Half Marathon.

Patrick Larson, USA

Age: 27

Residence: Minneapolis, Minnesota

High School: Decorah High School (IA)

College: Luther College (IA)

Bib: 10002

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 14:37 (2020)

10,000 meters: 30:01 (2021)

Half Marathon: 1:06:42 (2021)

Hailing from Decorah, Iowa, Patrick Larson has come into his own as an elite runner in his years post-college. A 2017 graduate of Luther College, Larson looks to have solved the many injury issues he faced during his college years and has put together the best racing of his life thus far the last few years. Training officially with Collegeville Track Club but working out with the members of Minnesota Distance Elite quite frequently, Larson most recently finished 9th at the 2021 Valley One Half Marathon in Valley, Nebraska, against a solid elite field, in a time of 1:06:42. Making his debut at the ten-mile distance, Larson has set PRs in the 5,000 meters on the track as well as 10K and half marathon on the roads all in the last year.

Philip Richert, USA

Age: 34

Residence: Northfield, Minnesota

High School: Andover High School (MN)

College: University of Wisconsin – Stevens Point (WI)

Bib: 10003

Personal Best 10 Mile: 51:15 (2019 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 14:35 (2010)

10,000 meters: 30:26 (2010)

Half Marathon: 1:08:28 (2020)

Marathon: 2:23:41 (2010)

Philip Richert, a local resident of Northfield, Minnesota and graduate of University of Wisconsin – Stevens Point, was the top Minnesotan finisher at the 2010 Medtronic Twin Cities Marathon, but perhaps more impressively was a NCAA Division III All-American in the 5,000 meters in 2010 and was also a part of the National Championship relay team in the distance medley relay in 2010 as well. Richert also finished 6th in the open division of the 2019 Medtronic TC 10 Mile.

Brendan Sage, USA

Age: 26

Residence: Saint Michael, Minnesota

High School: Saint Michael-Albertville High School (MN)

College: South Dakota State University (SD)

Bib: 10004

Personal Best 10 Mile: 49:45 (2019 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 14:36 (2017)

10,000 meters: 30:38 (2019)

Half Marathon: 1:06:28 (2019)

Marathon: 2:20:58 (2020)

A native of Saint Michael, Minnesota, Brendan Sage was one of the top athletes on the cross country/track & field teams at South Dakota State University before going on to win the 2019 Medtronic TC 10 Mile in the open division and finishing as runner-up in 2018 as well. Sage has also won both of the marathons he has ever participated in, winning the 2020 Brookings Marathon in 2:24:44 as well as the 2020 Rock N Roll Phoenix Marathon in 2:20:58.

Nadir Yusuf, USA

Age: 24

Residence: Willmar, Minnesota

High School: Willmar High School (MN)

College: Minnesota State University – Moorhead (MN)
Bib: 10005
Personal Best 10 Mile: Debut

Additional Personal Bests

One Mile: 4:19.23 (2021)
5,000 meters: 14:14.30 (2021)
10,000 meters: 29:12.04 (2021)

A highly decorated athlete from Minnesota State University, Moorhead, Nadir Yusuf was a multiple-time NSIC champion and All-NSIC honoree on his way to earning NCAA Division II All-American honors in cross country and outdoor track & field. Yusuf was also very successful in high school as an athlete at Willmar High School, where he qualified for the MSHSL State Championships in cross country or track & field four times and was a two-time All-State honoree.

Dan Greeno, USA

Age: 33
Residence: St. Paul, Minnesota
High School: Saint Michael-Albertville High School (MN)
College: Bethel University (MN)
Bib: 10006
Personal Best 10 Mile: 49:48 (2015 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 14:29 (2015)
10,000 meters: 30:17 (2010)
Half Marathon: 1:06:06 (2015)
Marathon: 2:22:50 (2011)

Dan Greeno is a multiple time All-American, in both cross country and track & field, as an alumnus of Bethel University and St. Michael-Albertville high school. Now competing for Twin Cities Track Club, Greeno was also a nationally competitive wrestler in high school in addition to his multiple All-State honors in cross country and track & field. Since graduating from Bethel, Greeno placed 24th overall at the 2015 USATF 10 Mile Championships, hosted by the Medtronic TC 10 Mile, against the best distance runners in the U.S., and also won the open division at the 2017 Medtronic TC 10 Mile as well. More recently, Greeno finished 9th overall at the 2021 Garry Bjorklund Half Marathon in Duluth, MN.

Nathan Rock, USA

Age: 27
Residence: Minneapolis, Minnesota
High School: Rosemount High School (MN)
College: Hamline University (MN)

Bib: 10007

Personal Best 10 Mile: 54:24 (2019 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 15:14 (2015)

10,000 meters: 32:12 (2019)

Half Marathon: 1:10:39 (2019)

Former top runner for the Hamline Bulldogs and Rosemount Irish, Nathan Rock currently competes for local running store Mill City Running after a decorated high school and college career where he garnered two NCAA All-Region and two MIAC All-Conference honors in cross country at Hamline, as well as two All-State honors and six All-Conference awards in high school at Rosemount. Rock's best most recent race was his 1:10:39 finish at the 2019 Garry Bjorklund Half Marathon in Duluth, MN.

Joe Coffey, USA

Age: 25

Residence: Minneapolis, Minnesota

High School: Holden Village Secondary School (OR)

College: St. Olaf College (MN)

Bib: 10008

Personal Best 10 Mile: Debut

Additional Personal Bests

1,500 meters: 3:44.43 (2019)

5,000 meters: 14:18.94 (2021)

8,000 meters (XC): 24:46.70 (2016)

After a very successful collegiate career at St. Olaf College where he earned fourteen All-Conference and three NCAA Division III All-American honors, Joe Coffey has continued to find success on the track and the roads post-collegiately as a member of Collegetville Track Club, racing to a new 1500m personal best in 2019 at the USATF Distance Classic in Los Angeles, California where he ran 3:44.43, beating the likes of Clayton Murphy, Chad Noelle and Tom Farrell in the process – all world-class, professional track & field athletes. Earlier this fall, Coffey showed off his fitness by winning the Tracksmith Twilight 5k on September 15th, organized by Mill City Running and staged at Hamline University's track facility, running 14:18.94.

Joseph Drabot, USA

Age: 25

Residence: Louisville, Kentucky

High School: Cedarburg High School (WI)

College: Bellarmine University (KY)

Bib: 10010

Personal Best 10 Mile: 51:50 (2021)

Additional Personal Bests

5,000 meters: 14:41 (2019)

10,000 meters: 31:09 (2019)

Half Marathon: 1:09:56 (2019)

A native of Louisville, Kentucky and graduate of NCAA Division II Bellarmine University, Joseph Drabot was a three-time conference champion, six-time All-Conference honoree and 2017 NCAA Division II Cross Country Championships qualifier while competing in the Great Lakes Valley Conference. Most recently, Drabot finished 50th in 1:09:56 at the 2019 Indianapolis Monumental Half Marathon in his debut at the half marathon distance.

Sean Heaton, USA

Age: 25

Residence: Maple Grove, Minnesota

High School: Maple Grove High School (MN)

College: Augustana University (SD)

Bib: 10011

Personal Best 10 Mile: 58:09 (2019 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 15:05 (2019)

10,000 meters: 30:58 (2018)

Half Marathon: 1:11:50 (2020)

As a native of Maple Grove, Minnesota and graduate of Augustana University, Sean Heaton was twice named an All-Region honoree in cross country while competing for the Vikings. Heaton also competed in the 2019 Medtronic TC 10 Mile, finishing in 58:09.

Tyler Lance, USA

Age: 26

Residence: Algona, Iowa

High School: Kenston High School (OH)

College: Ashland University (OH)

Bib: 10012

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 14:55 (2018)

10,000 meters: 31:40 (2018)

Half Marathon: 1:10:18 (2020)

Making his debut at the ten-mile distance, Tyler Lance joins us as an All-Conference honoree in cross country while competing for NCAA Division II Ashland University. In 2020, Lance finished as runner-up at the Northern Ohio Half Marathon in a time of 1:10:18.

Harrison Clark, USA

Age: 27

Residence: Minneapolis, Minnesota

High School: Black River Public School (MI)

College: University of Michigan (MI)

Bib: 10013

Personal Best 10 Mile: 55:18 (2019 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 15:16 (2016)

Half Marathon: 1:10:05 (2018)

Current Minneapolis resident and Mill City Running race team member Harrison Clark comes to Minnesota as a native Michigander. Clark's personal best ten mile is also from the 2019 Medtronic TC 10 Mile, where he placed 30th overall in the open division. Most recently, Clark continued to pursue success on the track, running 4:04.27 in the 1,500 meters at the Minnesota Men's Twilight in May 2019 as well as 15:47.36 at the Tracksmith Twilight 5k earlier this fall, placing 10th overall.

Samuel Stresemann, USA

Age: 23

Residence: Northfield, Minnesota

High School: Gibbon-Fairfax-Winthrop High School (MN)

College: St. Olaf College (MN)

Bib: 10014

Personal Best 10 Mile: 58:13 (2020)

Additional Personal Bests

1,500 meters: 3:54 (2021)

5,000 meters: 15:27 (2020)

A native of Winthrop, Minnesota and graduate of St. Olaf College, Samuel Stresemann was the runner-up at 1,500 meters this past spring at the MIAC Outdoor Track & Field Championships. Making his debut at the ten-mile distance, Stresemann picked up a new 1,500 meter personal best this past spring as well, running 3:54.63 at the NCAA Last Chance Qualifier at UW-Lacrosse in May 2021.

Chris Gill, USA

Age: 28

Residence: Minneapolis, Minnesota

High School: North St. Paul High School (MN)
College: Hamline University (MN)
Bib: 10015
Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 15:06 (2021)
8,000 meters: 25:38 (2021)
10,000 meters: 32:11 (2021)

Chris Gill, an alumnus of North St. Paul High School and Hamline University, finished on the podium earlier this year at the Earth Day MNy 250 with a time of 25:38. An All-Central Region honoree in cross country while at NCAA Division III Hamline, Gill also recorded new personal bests in the 5,000 meters, 8,000 meters and 10,000 meters all in the year 2021 as a member of the Mill City Running race team.

Brent Kann, USA

Age: 35
Residence: Eau Claire, Wisconsin
High School: Rice Lake High School (WI)
College: University of Wisconsin – Eau Claire (WI)
Bib: 10016
Personal Best 10 Mile: 53:07 (2019 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 14:51 (2010)
10,000 meters: 31:40 (2011)
Half Marathon: 1:10:58 (2017)
Marathon: 2:33:08 (2019)

An NCAA Division III All-American as a member of University of Wisconsin – Eau Claire's distance medley relay team in 2010, Brent Kann won the 2017 Eau Claire Half Marathon in what is still his half marathon personal best. Kann also placed 3rd in the 30-34 age group to earn his ten-mile personal best of 53:07 at the 2019 Medtronic TC 10 Mile, placing 11th overall in the open division. Kann also placed 38th at the 2019 Grandma's Marathon in 2:33:08.

Drew Paradis, USA

Age: 30
Residence: Alexandria, Minnesota
High School: Alexandria High School (MN)
College: University of Minnesota – Twin Cities (MN)
Bib: 10017
Personal Best 10 Mile: 53:07 (2019 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 15:29 (2021)

10,000 meters: 32:28 (2019)

Half Marathon: 1:12:30 (2018)

Marathon: 2:38:56 (2019)

Drew Paradis, the winner of the 25-29 age group at the 2019 Medtronic TC 10 Mile where he ran his current ten-mile personal best, is originally from Alexandria, Minnesota and was a multiple time All-State honoree in cross country and track & field in high school for the Alexandria Cardinals, finishing 5th at the MSHSL Class AA Cross Country Championships as a senior. Paradis also competed in Nordic skiing in high school and competed in cross country and track & field for the Golden Gophers at the University of Minnesota – Twin Cities. More recently, Paradis finished the 2019 California International Marathon in 2:38:56.

Kyle Larson, USA

Age: 31

Residence: Minneapolis, Minnesota

High School: Chaska High School (MN)

College: University of Minnesota – Duluth (MN)

Bib: 10018

Personal Best 10 Mile: 52:15 (2016 Lakefront 10 Mile)

Additional Personal Bests

5,000 meters: 15:14 (2012)

10,000 meters: 33:01 (2019)

Half Marathon: 1:09:50 (2017)

Marathon: 2:27:53 (2018)

A native of Chaska, Minnesota, Kyle Larson competed collegiately at the University of Minnesota – Duluth where he earned multiple All-Conference honors in the NSIC, including winning the 2019 NSIC 3,000 meter Steeplechase title. Since graduating, Larson has gone on to place 38th at the 2018 Paris Marathon in his current personal best time of 2:27:53 as well as 152nd at the 2018 Berlin Marathon in 2:28:09 while competing for the Mill City Running race team. More recently, Larson placed 6th at the 2019 Jeff Winter City of Lakes Half Marathon in 1:12:08.

Connor Danielson, USA

Age: 25

Residence: Minneapolis, Minnesota

High School: Fergus Falls High School (MN)

College: University of North Dakota (ND)

Bib: 10019

Personal Best 10 Mile: 54:30 (2019 Fargo Half Marathon)

Additional Personal Bests

5,000 meters: 14:55 (2019)
10,000 meters: 32:23 (2019)
Half Marathon: 1:11:25 (2019)

Current Minneapolis resident Connor Danielson set a string of personal records in 2019 in the 5,000 meters, 10,000 meters and half marathon, highlighted by a 1:11:25 finish at the 2019 Fargo Half Marathon, placing 3rd. Danielson also competed in cross country and track & field collegiately for the University of North Dakota Fighting Hawks.

David Nogle, USA

Age: 21
Residence: Eagan, Minnesota
High School: Hastings High School (MN)
College: University of Wisconsin – River Falls (WI)
Bib: 10020
Personal Best 10 Mile: 57:45 (Split in 2020 Get in Gear Half Marathon)

Additional Personal Bests

5,000 meters: 15:25 (2019)
10,000 meters: 32:17 (2019)
Half Marathon: 1:15:29 (2020)

In the midst of setting a new half marathon personal best in the 2020 Get in Gear Half Marathon, David Nogle also recorded a new personal best in the ten-mile splitting 57:45 on his way to running 1:15:29 for the half marathon distance. Nogle, a resident of Eagan and graduate of Hastings High School, also placed 2nd in the 5,000 meters at the 2021 USATF Minnesota Open & Masters Outdoor Championships in 15:28.13.

Christian Leitner, USA

Age: 28
Residence: Minneapolis, Minnesota
High School: Red Wing High School (MN)
College: University of Wisconsin – Eau Claire (WI)
Bib: 10021
Personal Best 10 Mile: 55:49 (2018 Medtronic TC 10 Mile)

Additional Personal Bests

Marathon: 2:31:05 (2019 Grandma's Marathon)

Red Wing, Minnesota native Christian Leitner earned three All-Conference honors and one NCAA Division III All-American distinction while competing in the WIAC for the University of Wisconsin – Eau Claire. Now competing for Run N Fun's race team locally, Leitner was the

runner-up at the 2016 Eau Claire Half Marathon, 19th place finisher at the 2019 Medtronic TC 10 Mile and 98th place finisher at the 2019 Grandma's Marathon, where he finished in 2:31:05.

Kenny Miller, USA

Age: 44

Residence: Wadena, Minnesota

High School: Park Rapids High School (MN)

College: Bemidji State University (MN)

Bib: 10022

Personal Best 10 Mile: 53:19 (2014 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 15:05

10,000 meters: 31:43

Half Marathon: 1:10:22 (2003)

Marathon: 2:45:27 (2010)

The winner of his age group at the 2012, 2013 and 2017 Medtronic TC 10 Mile, Kenny Miller competed for Park Rapids High School and Bemidji State University during his high school and college years and has since become a force on the local racing scene. Miller won the inaugural Bemidji Blue Ox Marathon in 2013 one week after running what is still his personal best for ten miles at the 2013 Medtronic TC 10 Mile which, when combined with his 2018 Bemidji Half Marathon victory as well, proves he runs well through the streets of his old stomping grounds. Miller's longevity and range is also extremely impressive, with top results dating back to 2003 when he placed 7th at the Garry Bjorklund Half Marathon that year as well as success at shorter distances as recently as 2018 when he placed 13th overall at the Medtronic TC 1 Mile in 4:35.1.

Doron Clark, USA

Age: 43

Residence: Minneapolis, Minnesota

High School: Dover-Eyota High School (MN)

College: Hamline University (MN)

Bib: 10023

Personal Best 10 Mile: 54:45 (2018 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 16:23 (2018)

10,000 meters: 33:19 (2017)

Half Marathon: 1:11:54 (2018)

Marathon: 2:30:38 (2018)

The 2017 Minnesota Runner of the Year for the 35-39 age group, awarded by USATF Minnesota, Doron Clark is a graduate of Dover-Eyota High School and Hamline University, where he competed in cross country and track & field. Clark has won his age group in the last

three Medtronic TC 10 Mile events he has participated in (2018, 2017, 2016), while competing for the Mill City Running race team. More recently, Clark finished 150th overall and 9th in his age group at the 2019 Chicago Marathon in a time of 2:30:58.

Bobby Paxton, USA

Age: 65

Residence: Minneapolis, Minnesota

Bib: 10024

Personal Best 10 Mile: 55:13 (1999 TC 10 Mile)

Additional Personal Bests

5,000 meters: 15:50 (2004)

10,000 meters: 33:26 (2004)

Half Marathon: 1:09:21 (1991)

Marathon: 2:33:56 (1985)

Jeremy Reichenberger, USA

Age: 30

Residence: Minneapolis, Minnesota

High School: Waconia High School (MN)

College: University of Minnesota – Twin Cities (MN)

Bib: 10025

Personal Best 10 Mile: 55:38 (2019 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 15:22 (2018)

Half Marathon: 1:12:32 (2019)

Marathon: 2:43:48 (2016)

50K Trail: 3:51:33 (2016)

Jeremy Reichenberger is a graduate of the University of Minnesota – Twin Cities where he competed on the University's club triathlon team. Reichenberger has gone on to become a very competitive duathlete, competing for Team USA at the 2016 World Duathlon Championships as an age group athlete. Reichenberger also finished 36th overall in the open division of the 2019 Medtronic TC 10 Mile, where he set his personal best ten-mile time, and most recently won the Minnesota State Fair Milk Run 5K in 16:50.

Medtronic TC 10 Mile: Women

Lauren Chucko, USA

Age: 37

Residence: Edina, Minnesota

High School: Edina High School (MN)

College: University of Minnesota – Twin Cities (MN)

Bib: 10102

Personal Best 10 Mile: 59:28 (2019 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 16:39

10,000 meters: 35:30

Half Marathon: 1:22:18 (2019)

Marathon: 3:12:54 (2010)

Lauren (Williams) Chucko, a multiple time All-Big Ten honoree while competing at the University of Minnesota – Twin Cities, was runner-up in the 2019 Medtronic TC 10 Mile open division in what is still her personal best ten-mile time. Chucko also finished 3rd in 2017 and 7th in 2012, as well as a 16th place finish at the 2012 Medtronic TC 1 Mile in 5:34.1.

Ariella Degner, USA

Age: 34

Residence: Newport, Minnesota

High School: Memorial High School (WI)

College: University of Minnesota – Twin Cities (MN)

Bib: 10103

Personal Best 10 Mile: 59:44 (2009 Women Run the Cities)

Additional Personal Bests

Half Marathon: 1:17:57 (2018)

Marathon: 2:46:08 (2011)

Runner-up at the 2009 Detroit International Free Press Marathon, Ariella (DePrenger-Gottfried) Degner is originally from Wisconsin but attended college at the University of Minnesota – Twin Cities and recently had a child, forcing a brief hiatus from serious training and racing. Degner, the 34th place finisher at the 2010 Boston Marathon also won the 2018 Gopher to Badger Half Marathon in a time of 1:21:17, winning by more than eight minutes.

Angie Williams, USA

Age: 42

Residence: Minneapolis, Minnesota

High School: Edina High School (MN)

College: Stanford University (CA)
Bib: 10104
Personal Best 10 Mile: 1:01:17 (2019 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 17:47 (2019)
10,000 meters: 36:35 (2019)
Half Marathon: 1:20:22 (2019)
Marathon: 2:59:28 (2013)

A native of Edina, Minnesota and graduate of Stanford University, Angie Williams had quite the streak of winning the USATF Minnesota Distance Runner of the Year award for the 35–39-year-old age group in 2016, 2017, 2018 and 2019. Williams, the 27th place finisher at the 2019 Garry Bjorklund Half Marathon, also showed impressive range recently at the 2021 Brian Kraft 5k and the 2021 Hopkins Raspberry Festival Main Street Mile placing 6th in 17:49 and 3rd in 5:11, respectively.

Gracia Sich, USA

Age: 33
Residence: St. Paul, Minnesota
High School: Brainerd High School (MN)
College: University of Minnesota – Twin Cities (MN)
Bib: 10105
Personal Best 10 Mile: 1:04:23 (2018 Hot Dash 10 Mile)

Additional Personal Bests

10,000 meters: 36:54 (2018)
Half Marathon: 1:20:57 (2018)
Marathon: 2:51:13 (2018)

Gracia (Folkeringa) Sich, a native of Brainerd, Minnesota, actually competed more seriously in cycling rather than running during her collegiate years, placing 11th at the Division I collegiate road cycling nationals in 2011 as well as earning the title of 2011 North Central Collegiate Cycling conference champion. Post-collegiately, Sich placed 13th at the 2018 Medtronic Twin Cities Marathon as well as 5th at the 2018 Jeff Winter City of Lakes Half Marathon and 3rd at the 2018 Hot Dash 10 Mile.

Marissa Kuik, USA

Age: 24
Residence: Colorado Springs, Colorado
High School: Legacy Christian Academy (MN)
College: Waldorf University (IA)/University of Colorado – Colorado Springs (CO)
Bib: 10106
Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 18:00 (2018)

10,000 meters: 37:20 (2020)

Half Marathon: 1:24:01 (2020)

Marissa Kuik, an All-American in cross country and All-Conference selection in cross country and track & field while competing collegiately at Waldorf University and University of Colorado – Colorado Springs, is also the event record holder for the Labor Day Half Marathon in Parker, Colorado after her 2020 win in a time of 1:24:01.

Ellen Smith, USA

Age: 27

Residence: St. Paul, Minnesota

High School: Palatine High School (IL)

College: University of Wisconsin – LaCrosse (WI)

Bib: 10107

Personal Best 10 Mile: 1:01:20 (2019 Women Run the Cities)

Additional Personal Bests

5,000 meters: 17:40 (2017)

10,000 meters: 36:40 (2017)

Half Marathon: 1:21:50 (2019)

The 34th place finisher from the 2019 Garry Bjorklund Half Marathon in Duluth, Minnesota, Ellen Smith grew up in Illinois and attended the University of Wisconsin – LaCrosse for college where she was twice All-Region and All-Conference in cross country. Post-collegiately, Smith placed 10th at the 2018 Medtronic TC 10 Mile and 5th at the 2019 Women Run the Cities 10 Mile.

Lindsey Kemp, USA

Age: 25

Residence: Minneapolis, Minnesota

High School: Edina High School (MN)

College: St. Olaf College (MN)

Bib: 10108

Personal Best 10 Mile: 1:04:23 (2019 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 18:17 (2020)

A native of Edina, Minnesota and St. Olaf College graduate, Lindsey Kemp placed 22nd at the 2019 Medtronic TC 10 Mile in a time of 1:04:23, placing 5th in her age group of 20-24 in the process. Kemp, who is also recently engaged to 2021 Medtronic TC 10 Mile participant and

fellow St. Olaf Ole Joe Coffey, also placed 12th at this past summer's Brian Kraft 5k finishing in 18:40. Additionally, Kemp currently holds the 7th fastest 3,000-meter steeplechase time in St. Olaf women's track & field history, at 11:30.00.

Katie Peterson, USA

Age: 29

Residence: Minneapolis, Minnesota

High School: Visitation School (MN)

College: University of Notre Dame (IN)

Bib: 10109

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 17:30 (2014)

Half Marathon: 1:24:15 (2013)

Marathon: 3:00:02 (2020)

Katie (Moran) Peterson graduated from Visitation School where she competed in cross country, Nordic skiing and track & field, earning multiple All-Conference honors in cross country and track & field in the process, on top of being Valedictorian of her class, before going on to the University of Notre Dame to continue competing in cross country and track & field. Post collegiately, Peterson hit the roads finishing 3rd at the 2016 Rock N' Roll Marathon in Washington D.C., 3rd at the 2019 Oakland Marathon and 2nd at the 2020 Louisiana Marathon. Most recently, Peterson finished 5th in 5:22 at the 2021 Hopkins Raspberry Festival Main Street Mile.

Emma Lee, USA

Age: 30

Residence: St. Paul, Minnesota

High School: Como Park Senior High School (MN)

College: St. Olaf College (MN)

Bib: 10110

Personal Best 10 Mile: 1:00:30 (2015 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 17:14 (2013)

10,000 meters: 35:39 (2013)

Half Marathon: 1:17:34 (2014)

Marathon: 2:43:18 (2014)

Emma Lee is a four-time NCAA Division III All-American in cross country and track & field for St. Olaf College, as well as a multiple-time USCSA All-American in Nordic skiing as well. Lee, the Como Park Senior High School graduate and current St. Paul resident, also finished 34th at the 2015 USATF 10 Mile Championships, hosted by the Medtronic TC 10 Mile, and won the 2014

Fargo Half Marathon. Additionally, and most impressively, Lee qualified for and competed in the 2016 U.S. Olympic Marathon Team Trials in Los Angeles, California, as well, placing 73rd in 2:50:50.

Kendall Monroe, USA

Age: 30

Residence: Minneapolis, Minnesota

High School: Wilton High School (CT)

College: Colgate University (NY)

Bib: 10111

Personal Best 10 Mile: 1:02:56 (2016 New Balance Bronx 10 Mile)

Additional Personal Bests

5,000 meters: 17:38 (2017)

10,000 meters: 38:14 (2016)

Half Marathon: 1:22:24 (2017)

Marathon: 3:16:23 (2016)

Kendall (Lyons) Monroe, current Minneapolis resident but Wilton, Connecticut native, competed collegiately for Colgate University after helping lead her Wilton High School cross country team to a 4th place finish at the New England State Cross Country Championships her senior year. Post collegiately, Monroe has competed in the New York City Marathon while also running 1:02:56 at the 2016 New Balance Bronx 10 Mile and 1:22:24 at the 2017 Airbnb Brooklyn Half Marathon.

Emily Bredeson, USA

Age: 39

Residence: Crystal, Minnesota

High School: Minnesota Valley Lutheran High School (MN)

College: Concordia University – St. Paul (MN)/Bethany Lutheran College (MN)

Bib: 10112

Personal Best 10 Mile: 1:03:34 (2009 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 18:12 (2004)

10,000 meters: 38:30 (2004)

Half Marathon: 1:33:05 (2019)

Marathon: 3:14:13 (2012)

A Mankato, Minnesota native but current Crystal, Minnesota resident, Emily (Shoop) Bredeson is a nine-time NSIC Champion between cross country, indoor and outdoor track & field and is also the only Concordia – St. Paul athlete to ever with the NSIC title in cross country after her 1st place finish in 2002. Later that school year, in the spring of 2003, Bredeson went on to finish 10th in the 1,500 meter run at the NCAA Division II Outdoor Track & Field Championships.

Attending Bethany Lutheran College for her Associate's degree before transferring to Concordia – St. Paul, Bredeson ended up with 14 All-NSIC honors and 12 school records when she graduated. Post-collegiately, Bredeson finished 13th at the 2007 Medtronic TC 10 Mile, 73rd at the 2012 Medtronic Twin Cities Marathon and 8th at the 2019 Mankato Half Marathon.

Kelsey Allbaugh, USA

Age: 30

Residence: Bettendorf, Iowa

High School: Rosemount High School (MN)

College: Minnesota State University – Mankato (MN)

Bib: 10113

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 17:51 (2014)

Half Marathon: 1:26:34 (2014)

Marathon: 2:56:50 (2014)

Kelsey (Magnuson) Allbaugh, a Rosemount High School and Minnesota State – Mankato alumnus, has had three children from 2016 to 2021, and thus had higher priorities than training and racing the last few years. However, true to form as a current Iowa resident, Allbaugh recently looks to be back in form after placing 8th at the 2021 Quad-City Times Bix 7 Mile in 46:41. Back in 2014, Allbaugh finished 27th at the USATF Marathon Championships, which were hosted by the Medtronic Twin Cities Marathon.

Sarah Klecker, USA

Age: 26

Residence: Portland, Oregon

High School: Hopkins High School (MN)

College: University of Minnesota – Twin Cities (MN)

Bib: 10114

Personal Best 10 Mile: 59:26 (2018 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 16:57.70 (2021)

Half Marathon: 1:19:27 (2019)

Marathon: 2:50:44 (2019)

An All-State and All-Conference honoree while competing for the Hopkins Royals, Sarah Klecker went on to compete for the University of Minnesota – Twin Cities Golden Gophers. Post-collegiately, she currently competes with the Bowerman Track Club Elite team and was the 2018 Medtronic TC 10 Mile open division champion with a time of 59:26. Lastly, Klecker comes from a very well-known and successful running family in Minnesota – Klecker's parents, Barney and Janis, were both extremely talented and successful athletes in their day and Sarah's

siblings, John, Joe and Elizabeth (Bit) have all also seen success in the sport of distance running. After winning the predecessor to the Medtronic Twin Cities Marathon, the City of Lakes Marathon, Barney went on to become the American record holder for the 50 mile ultramarathon until it was broken just a couple of years ago by Jim Walmsley, and Janis was a 1992 U.S. Olympian in the marathon after winning the U.S. Olympic Marathon Team Trials, as well as the 1991 and 1992 Medtronic Twin Cities Marathons. As for Sarah's siblings, her brother John ran collegiately at Augustana University, sister Bit at the University of Minnesota – Twin Cities, and brother Joe at the University of Colorado – Boulder. This past summer, Joe also earned a spot on the U.S. Olympic Track & Field Team in the 10,000 meters and later placed 14th in Tokyo.

Medtronic Twin Cities Marathon: Men

Kevin Lewis, USA

Age: 28

Residence: Richfield, Minnesota

High School: Ottumwa High School (IA)

College: University of Iowa (IA)

Bib: 1

Personal Best Marathon: 2:12:02 (2020 The Marathon Project)

Additional Personal Bests

5,000 meters: 13:43 (2015)

10,000 meters: 28:32.06 (2018)

10 Mile: 48:25 (2019)

Half Marathon: 1:02:48 (2020)

Current Minnesota Distance Elite (formerly Team USA Minnesota) athlete and former University of Iowa Hawkeye, Kevin Lewis was the 2016 Des Moines Half Marathon Champion and 2020 U.S. Olympic Marathon Team Trials competitor, where he finished 39th. Additionally, Lewis competed at The Marathon Project in Chandler, Arizona, where he finished 14th in 2:12:02, which is his current personal best. Locally, Lewis was also 20th and 17th at the 2018 and 2019 editions of the USATF 10 Mile Championships/Medtronic TC 10 Mile, respectively. More recently, Lewis was 23rd at the 2021 USATF 25K Road Championships this past September.

Mohamed Hrezi, LBA

Age: 29

Residence: Philadelphia, Pennsylvania

High School: Naugatuck High School (CT)

College: Iowa State University (IA)

Bib: 2

Personal Best Marathon: 2:15:27 (2020 The Marathon Project)

Additional Personal Bests

5,000 meters: 13:39.62 (2018)

10,000 meters: 28:51 (2014)

10 Mile: 46:58 (2018)

Half Marathon: 1:02:11 (2018)

Mohamed Hrezi is a Libyan distance runner that was born and raised in the United States, attending high school in Connecticut and college at Iowa State University, where he earned NCAA Division I All-American honors in cross country. After graduating from Iowa State, Hrezi joined the Hansons-Brooks Distance Project to continue competing and qualified for the 2016 Rio Olympics in the marathon. With his dual citizenship between the U.S. and Libya, he decided

to represent his native country, Libya, internationally and went on to finish 76th in the Rio de Janeiro Olympic Games marathon with a time of 2:21:17. Most recently, Hrezi won the 2021 Garry Bjorklund Half Marathon in Duluth, MN in a time of 1:04:14 and set a new marathon personal best at The Marathon Project in December 2020, placing 28th and running 2:15:27.

Joel Reichow, USA

Age: 28

Residence: White Bear Lake, Minnesota

High School: White Bear Lake High School (MN)

College: South Dakota State University (SD)

Bib: 3

Personal Best Marathon: 2:15:45 (2020 The Marathon Project)

Additional Personal Bests

5,000 meters: 13:53.05 (2017)

10,000 meters: 28:23.93 (2021)

10 Mile: 47:36 (2021)

Half Marathon: 1:02:38 (2020)

Joel Reichow is a two-time NCAA Division I All-American and 2017 graduate of South Dakota State University. Currently training with and competing for Minnesota Distance Elite (formerly Team USA Minnesota), Reichow finished 20th at the 2016 NCAA Division I Cross Country Championships as well as placed 19th at the 2019 USATF 10 Mile Championships, which were hosted by the Medtronic TC 10 Mile. In 2020 Reichow made his move up to the marathon distance, competing at the 2020 U.S. Olympic Marathon Team Trials in Atlanta, where he placed 56th, and also putting together a great race at The Marathon Project in Chandler, Arizona in December 2020 when he placed 33rd in 2:15:45. Most recently, Reichow proved his fitness over the ten-mile distance when he finished 8th at the 2021 USATF 10 Mile Championships in a new personal best time of 47:36 this past September.

Connor Reck, USA

Age: 28

Residence: Minneapolis, Minnesota

High School: Santa Ynez High School (CA)

College: Harvard University (MA)

Bib: 4

Personal Best Marathon: 2:19:27 (2019 Philadelphia Marathon)

Additional Personal Bests

800 Meters: 1:50.78 (2015)

One Mile: 4:05.60 (2015)

5,000 meters: 14:30 (2018)

10 Mile: 48:10 (2020)

Half Marathon: 1:03:44 (2020)

After focusing largely on the middle distances for the duration of his running career, Connor Reck made a decision to switch to the half marathon/marathon in an effort to qualify for the 2020 U.S. Olympic Marathon Team Trials. After missing the qualifying time in his marathon debut at the 2019 Philadelphia Marathon by just 29 seconds, Reck made one final attempt to qualify at the 2020 Houston Half Marathon on the very last day of the qualifying window – and got it. Reck went on to place 154th at the Olympic Marathon Team Trials, and most recently placed 3rd at the Jeff Winter City of Lakes Half Marathon in 1:08:27 just a few weeks ago, in September 2021.

Aaron Bartnik, USA

Age: 28

Residence: Minneapolis, Minnesota

High School: Eden Prairie High School (MN)

College: University of Minnesota – Twin Cities (MN)

Bib: 5

Personal Best Marathon: 2:59:16 (2018 Chicago Marathon)

Additional Personal Bests

5,000 meters: 13:57 (2015)

10,000 meters: 30:12 (2014)

Half Marathon: 1:09:04 (2016)

A native Minnesotan hailing from Eden Prairie, and current Medtronic employee, Aaron Bartnik was the 2009 MSHSL Class AA State Cross Country champion. Bartnik went on to compete for the University of Minnesota – Twin Cities, earning All-Big Ten honors in cross country in 2014, despite numerous injuries throughout his collegiate years. Bartnik, whose wife, Carli, is competing in the 2021 Medtronic Twin Cities Marathon, has also represented the United States internationally when he competed in the 2012 NACAC Cross Country Championships in Port of Spain, Trinidad and Tobago and placed fifth. Alternatively, Bartnik also recorded a top ten finish at the 2019 Almonzo 112-mile gravel cycling race and completed the Clermont Spring Triathlon in 1:04:16.

Seth Massot, USA

Age: 24

Residence: Appleton, Wisconsin

High School: Rochester Century High School (MN)

College: Wheaton College (IL)

Bib: 6

Personal Best Marathon: 2:32:20 (2021)

Additional Personal Bests

5,000 meters: 14:48.83 (2020)

10,000 meters: 32:06 (2021)

10 Mile: 51:42 (2021)

Half Marathon: 1:07:55 (2021)

Seth Massot, a current resident of Appleton, Wisconsin but high school graduate of Rochester Century High School, competed collegiately for Wheaton College in Illinois, and earned All-Conference honors in the CCIW in both cross country and indoor track & field, on top of previously earning All-State honors in cross country while competing in high school for Rochester Century after placing 14th in the MSHSL Class AA race his senior year. Having not raced often in the last couple of years, Massot most recently placed 5th in the 5,000 meters at the Wartburg Qualifier in March 2020 with a time of 14:48.83.

Andre Miller, USA

Age: 28

Residence: Santa Fe, New Mexico

High School: Santa Fe High School (NM)

College: Carleton College (MN)

Bib: 7

Personal Best Marathon: Debut

Additional Personal Bests

5,000 meters: 16:05 (2020)

10,000 meters: 33:50 (2020)

Half Marathon: 1:12:30 (2021)

Originally hailing from Santa Fe, New Mexico, Andre Miller is a graduate of Carleton College and most recently placed 7th in the Georgetown to Idaho Springs Half Marathon.

Matt Longen, USA

Age: 27

Residence: White Bear Lake, Minnesota

High School: Centennial Senior High School (MN)

College: Minnesota State University – Mankato (MN)

Bib: 8

Personal Best Marathon: Debut

Additional Personal Bests

5,000 meters: 15:27.79 (2016)

10,000 meters: 32:24 (2019)

Half Marathon: 1:11:30 (2019)

The 2020 Shamrockin' MNy250 7 Mile Champion, in a time of 38:50, Matt Longen is making his marathon debut this year after winning the 2018 Mankato Half Marathon, the 2017 Mankato 5K as well as the 2016 Mankato 10K. Longen also won the 2018 TC 10K and placed 13th at the 2018 Fitger's 5K.

Nick Andresen, USA

Age: 30

Residence: Baltimore, Maryland

High School: Eastview High School (MN)

College: Luther College (IA)

Bib: 9

Personal Best Marathon: 2:36:23 (2016 Medtronic Twin Cities Marathon)

Additional Personal Bests

5,000 meters: 16:09 (2021)

10,000 meters: 33:27 (2021)

10 Mile: 55:33 (2021)

Half Marathon: 1:13:09 (2021)

Traveling from Baltimore, Maryland, Nick Andresen placed 27th at the 2016 Medtronic Twin Cities Marathon and 53rd at the 2016 Grandma's Marathon. In 2020, Andresen also participated in the virtual Medtronic Twin Cities Marathon and finished with a submitted time of 2:39:55. Andresen competed in collegiate cross country and track & field at Luther College in Iowa as well.

Ben Johnson, USA

Age: 35

Residence: Minneapolis, Minnesota

High School: Forest Lake High School (MN)

College: University of Minnesota – Twin Cities (MN)

Bib: 10

Personal Best Marathon: 2:38:37 (2021 Lake Wobegon Trail Marathon)

Additional Personal Bests

5,000 meters: 16:30

10,000 meters: 34:58

10 Mile: 58:47

Half Marathon: 1:15:47

Setting a new personal best in the marathon earlier this year, Ben Johnson ran 2:38:37 to finish 4th overall at the 2021 Lake Wobegon Trail Marathon in May.

Mike Walentiny, USA

Age: 33

Residence: Lewiston, Minnesota

High School: Elk River High School (MN)

College: St. Cloud State University (MN)

Bib: 11

Personal Best Marathon: 2:38:36 (2021 Grandma's Marathon)

Additional Personal Bests

5,000 meters: 17:34 (2021)

10,000 meters: 36:51 (2017)

Half Marathon: 1:21:28 (2019)

The 2019 and 2021 Storm the Farm 43k (26.72 miles) Champion, Mike Walentiny has finished the Medtronic Twin Cities Marathon three times, his fastest coming in 2019 when he ran 2:45:14. Walentiny also set a new marathon personal best earlier this year at Grandma's Marathon in June when he ran 2:38:36, and most recently finished as runner-up at the 2021 Scheels Med City Marathon on September 11th, 2021, with a time of 2:41:34.

Dan Bier, USA

Age: 36

Residence: Columbia Heights, Minnesota

High School: Virginia High School (MN)

College: University of Minnesota – Morris (MN)

Bib: 12

Personal Best Marathon: 2:40:12 (2021 Grandma's Marathon)

Additional Personal Bests

5,000 meters: 16:40 (2017)

10,000 meters: 35:21 (2017)

10 Mile: 58:10 (2016)

Half Marathon: 1:16:05 (2019)

The "Iron Ranger" of this year's field, hailing from the city of Virginia on Minnesota's iron-mining range, Dan Bier set a new marathon personal best in his fourth time participating in Grandma's Marathon by running 2:40:12 in June 2021, placing 56th. Bier also finished 4th overall at the 2019 Get in Gear Half Marathon in 1:16:05. Additionally, Bier has competed in the Medtronic TC 10 Mile four separate times as well, with his fastest time coming in 2016 at 58:10.

Evan Neubauer, USA

Age: 30

Residence: Decorah, Iowa

High School: Decorah High School (IA)

College: Luther College (IA)

Bib: 13

Personal Best Marathon: 2:36:19 (2017 Medtronic Twin Cities Marathon)

Additional Personal Bests

5,000 meters: 15:30 (2012)

10,000 meters: 32:07 (2012)

Half Marathon: 1:16:13 (2018)

A participant in the virtual 2020 Medtronic Twin Cities Marathon, Evan Neubauer finished with a submitted time of 2:36:52, after running 2:36:19 in the 2017 Medtronic Twin Cities Marathon as well. Neubauer competed collegiately for Luther College, running what is still his all-time personal best in the 5,000 meters of 15:30 at the 2012 Last Chance Meet hosted by North Central College in Naperville, Illinois.

Nicolai Johnson-Borelli, USA

Age: 32

Residence: Minneapolis, Minnesota

High School: Lenox Memorial High School (MA)

College: University of Scranton (PA)

Bib: 14

Personal Best Marathon: 2:41:10 (2021 Grandma's Marathon)

Additional Personal Bests

5,000 meters: 16:40 (2008)

10,000 meters: 35:03

10 Mile: 56:58 (2020)

Half Marathon: 1:16:41 (2021)

Originally hailing from western Massachusetts, Nicolai Johnson-Borelli recently ran a marathon personal best at the 2021 Grandma's Marathon where he finished in 2:41:10. Additionally, Johnson-Borelli also finished 4th at the 2021 Pike Lake Half Marathon in Duluth, Minnesota with a time of 1:16:41, and was also 4th overall at the 2019 Minneapolis Halloween Half Marathon.

Karl Wachter, USA

Age: 23

Residence: Shakopee, Minnesota

High School: Shakopee High School (MN)

College: University of St. Thomas (MN)

Bib: 15

Personal Best Marathon: Debut

Additional Personal Bests

One Mile: 4:12.78 (2020)

5,000 meters: 15:02.22 (2019)

8,000 meters: 24:29.30 (2019)

Karl Wachter is a native of Shakopee, Minnesota as well as a graduate of the University of St. Thomas, where was a four-time NCAA Division III Championships qualifier between cross country, indoor and outdoor track & field. Wachter ended his St. Thomas career with one All-American honor and eleven All-Conference honors in the Minnesota Intercollegiate Athletic

Conference (MIAC). Wachter has yet to race post-collegiately, therefore some of his best, most recent race efforts include a 3rd place finish at the MIAC Cross Country Championships, a 50th place finish at the NCAA Division III Cross Country Championships, both in 2019, as well as a personal best in the mile at the Ted Nelson Classic in February 2020 where Wachter finished with a time of 4:12.78.

Thomas Gatyas, USA

Age: 41

Residence: Minneapolis, Minnesota

High School: Plymouth High School (WI)

College: University of Wisconsin – Madison (WI)

Bib: 17

Personal Best Marathon: 2:37:41 (2013 Chicago Marathon)

Additional Personal Bests

5,000 meters: 15:55 (2006)

10,000 meters: 33:34 (2014)

10 Mile: 58:26 (2017)

Half Marathon: 1:14:04 (2014)

In a display of a willingness to compete at any distance, Thomas Gatyas finished the 2021 Superior Spring Trail 25K Race on the rugged Superior Hiking Trail in northern Minnesota in 11th place with a time of 2:23:30, then ran the 2021 Hopkins Raspberry Festival Main Street Mile a few months later and finished in 28th with a time of 4:58. Other prominent performances in Gatyas' running career include a 58:26 finish at the 2017 Medtronic TC 10 Mile and a 2:37:41 finish at the 2013 Chicago Marathon.

Eric Giandelone, USA

Age: 42

Residence: Minneapolis, Minnesota

High School: Brother Martin (LA)

College: DePaul University (IL)

Bib: 18

Personal Best Marathon: 2:40:45 (2014 Medtronic Twin Cities Marathon)

Additional Personal Bests

5,000 meters: 14:50 (1999)

10,000 meters: 31:00 (1999)

Half Marathon: 1:13:20 (2016)

Current Minneapolis, Minnesota resident Eric Giandelone won the 2021 12.5k Trail Mix as well as the 25k Trail Mix in 2017, finished as runner-up at the 2016 Get Lucky Half Marathon, won the 2016 Lebanon Hills Endless Summer Trail Series event, and also won the 2017 Lake

Wobegon Trail Marathon. Additionally, Giandelone placed 60th overall and 5th in his age group (M35-39) at the 2014 Medtronic Twin Cities Marathon with a time of 2:40:45.

Pete Miller, USA

Age: 52

Residence: Excelsior, Minnesota

High School: Bemidji High School (MN)

College: University of North Dakota (ND)

Bib: 19

Personal Best Marathon: 2:26:21 (1998 Grandma's Marathon)

Additional Personal Bests

5,000 meters: 15:31 (1998)

10,000 meters: 31:33 (2000)

10 Mile: 53:27 (2000)

Half Marathon: 1:10:14 (2002)

A native of Bemidji, Minnesota and former University of North Dakota cross country/track & field athlete, Pete Miller is the current owner of The Lakes Running Company, a run specialty store in Excelsior, MN, as well as one of the founders of popular Minnesota running website Down the Backstretch (TCM staff member Charlie Mahler being the other founder). Miller has had quite a bit of success in his own running career thus far, highlighted by finishing as the top Minnesotan at the Twin Cities Marathon in 1996 (25th place and a time of 2:29:53) and 2001 (11th place with a time of 2:28:42). Miller has also earned the honor of Minnesota Runner of the Year and MDRA Grand Prix Champion several times over the years, and is a former North Country Marathon champion (Walker, MN) as well. His personal best marathon came at the 1998 Grandma's Marathon, where he placed 21st and ran 2:26:21. Most recently, Miller finished 30th overall and first in his M50-55 age group at the Jeff Winter City of Lakes Half Marathon with a time of 1:19:54 in September 2021.

Charlie Lawrence, USA

Age: 26

Residence: Boulder, Colorado

High School: Foley High School (MN)

College: University of Minnesota – Twin Cities (MN)

Bib: 22

Personal Best Marathon: 2:16:12 (2018 USATF Marathon Championships/C.A. Intl. Marathon)

Additional Personal Bests

5,000 meters: 14:33.62 (2016)

10,000 meters: 30:45.79 (2017)

10 Mile: 50:21 (2018)

Half Marathon: 1:04:14 (2018)

Originally from Foley, Minnesota and a two-time MSHSL Class A 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 placed 18th at the 2018 USATF 20K Championship in New Haven, Connecticut, and more recently placed 61st and 40th at the U.S. Olympic Marathon Team Trials and The Marathon Project, respectively. Lawrence also paced Desiree Linden, fellow top American marathoner, to a new American 50K record for women in April 2021.

Connor Bach, USA

Age: 23

Residence: Madison, Wisconsin

High School: Lakeville North High School (MN)

Bib: 23

Personal Best Marathon: 2:44:20 (2019 Grandma's Marathon)

Additional Personal Bests

5,000 meters: 16:39.50 (2015)

10 Mile: 1:04:35 (2014)

Half Marathon: 1:14:21 (2018)

Connor Bach, hailing from Lakeville, Minnesota, first ran the Medtronic TC 10 Mile in 2013 when he was 15 years old, finishing in a time of 1:16:18. After finishing his cross country/track & field career and graduating from Lakeville North High School, Bach ran four marathons in four years, highlighted by his personal best marathon of 2:44:20 at the 2019 Grandma's Marathon. Bach also finished the 2018 Boston Marathon in 3:02:30.

Fernando Cabada, USA

Age: 39

Residence: Golden, Colorado

High School: Buchanan High School (CA)

College: University of Arkansas (AR)/Fresno State (CA)/Virginia Intermont College (VA)

Bib: 24

Personal Best Marathon: 2:11:36 (2014 Berlin Marathon)

Additional Personal Bests

5,000 meters: 13:34.92 (2006)

10,000 meters: 28:25.62 (2006)

10 Mile: 47:32 (2013)

Half Marathon: 1:02:00 (2014)

Fernando Cabada was one of the top high school boys in the United States in the sports of cross country/track & field, ranking among the ten fastest times in the 3,200 meters in the country during his senior year of high school. Out of high school, Cabada accepted a scholarship at the University of Arkansas under legendary coach John McDonnell. After rethinking his enrollment

at Arkansas and being unsure of his next step, Cabada ended up attending Virginia Intermont College to be coached by Scott Simmons, who has gone on to become one of the top professional coaches in the World in recent years. While at Virginia Intermont, Cabada won seven NAIA titles before launching into a very successful professional distance running career post-collegiately. With such a long career with many high points, it is difficult to select just a few, but some of Cabada's biggest successes include an 11th place finish at the 2014 Berlin Marathon, a 7th place finish at the 2012 U.S. Olympic Marathon Team Trials, a 9th place finish at the 2006 Fukuoka International Marathon and, finally, a 1st place victory at the 2008 Medtronic Twin Cities Marathon, a 3rd place finish at the 2010 Medtronic Twin Cities Marathon and an 18th place finish at the 2011 USATF 10 Mile Championships/Medtronic TC 10 Mile.

Ian Eklin, USA

Age: 24

Residence: Plymouth, Minnesota

High School: Wayzata High School (MN)

College: University of Iowa (IA)

Bib: 25

Personal Best Marathon: 2:24:51 (2020 Houston Marathon)

Additional Personal Bests

5,000 meters: 14:24.17 (2019)

10,000 meters: 29:47.06 (2017)

Half Marathon: 1:09:53 (2021)

Ian Eklin, a graduate of Wayzata High School and University of Iowa, placed 12th in his marathon debut at the 2019 Medtronic Twin Cities Marathon. After a career as one of the Hawkeyes top athletes in college, Eklin has also gone on to place 40th at the 2020 Chevron Houston Marathon as well as 8th at the 2021 Garry Bjorklund Half Marathon and, most recently, 2nd at the 2021 Jeff Winter City of Lakes Half Marathon this past September.

Ben Kampf, USA

Age: 35

Residence: Minneapolis, Minnesota

High School: Farmington High School (MN)

College: University of Minnesota – Twin Cities (MN)

Bib: 26

Personal Best Marathon: 2:33:52 (2015 Grandma's Marathon)

Additional Personal Bests

10 Mile: 52:54 (2012)

Half Marathon: 1:16:14

Ben Kampf, a Farmington, MN native and former University of Minnesota – Twin Cities cross country/track & field athlete, set his personal best marathon time at the 2015 Grandma's

Marathon when he ran 2:33:52 and placed 62nd overall. Kampf also placed 33rd overall at the 2017 Medtronic Twin Cities Marathon and 8th at the 2011 Medtronic TC 1 Mile in a time of 4:26.2. Additionally, Kampf is the husband of recently retired professional runner and “Queen of the Road Mile” Heather Kampf, who also attended the University of Minnesota – Twin Cities and went on to become one of the best female milers in the world before retiring in 2021.

Medtronic Twin Cities Marathon: Women

Carrie Tollefson, USA

Age: 44

Residence: St. Paul, Minnesota

High School: Dawson-Boyd High School (MN)

College: Villanova University (PA)

Bib: 101

Personal Best Marathon: 2:52:00 (2019 Medtronic Twin Cities Marathon)

Additional Personal Bests

1,500 meters: 4:06.13 (2004)

One Mile: 4:27.96 (2006)

3,000 meters: 8:44.63 (2006)

5,000 meters: 15:04.07 (2004)

Carrie Tollefson is a native Minnesotan who grew up in Dawson, MN and won 13 Minnesota State Championships in high school— eight in track & field and five in cross country. Her five cross country titles set a national record for most consecutive titles, which still stands today. Tollefson went on to Villanova University where she became a 5-time NCAA Division I National Champion and the first athlete in NCAA history to win both the 3,000 meter and 5,000 meter titles at an NCAA Indoor Track & Field National Championship meet. After graduating from Villanova, Tollefson returned to Minnesota to train with and compete for Team USA Minnesota (now named Minnesota Distance Elite) as a professional runner, where she went on to win three senior level national titles in the U.S. and became an Olympian in the 1,500 meters at the 2004 Summer Games in Athens, Greece. Fast forward to 2021 and Tollefson is now a well-known commentator and on-camera personality, and has worked with numerous companies and events including, ESPN, NBC, ABC, USATF, New York City Marathon, Medtronic Twin Cities Marathon, Chicago Marathon, Boston Marathon, and the Foot Locker High School National Championships.

Maria Hauger, USA

Age: 27

Residence: Minnetonka, Minnesota

High School: Shakopee High School (MN)

College: University of Virginia (VA)

Bib: 102

Personal Best Marathon: 3:08:43 (2021 Grandma's Marathon)

Additional Personal Bests

5,000 meters: 16:14.18 (2014)

10,000 meters: 34:16.28 (2014)

Half Marathon: 1:27:11 (2021)

Maria Hauger holds the distinction of being the only four-time MSHSL Class AA state cross country champion in history. In her five-year high school running career for Shakopee High School, Hauger won all but one race. Also, while in high school, Hauger won an additional four MSHSL Class AA state titles in track & field, won the Nike Heartland Regional Championship twice, won the 2012 Roy Griak Invitational and took 3rd at the Footlocker High School Cross Country National Championship. Following her graduation from Shakopee High School, Hauger moved on to continue competing in cross country and track & field for the University of Virginia, where she was a two-time qualifier for the NCAA Division I Championships, was named the 2013 ACC Cross Country Freshmen of the Year and earned All-ACC and All-Southeast Region honors. Most recently, Hauger finished 6th at the 2021 Naples Distance Classic Half Marathon in February 2021, then followed that up with a 3:08:43 finish at the 2021 Grandma's Marathon.

Kate Eggers-Leaf, USA

Age: 31

Residence: Minneapolis, Minnesota

High School: Montevideo Senior High School (MN)

College: Gustavus Adolphus College (MN)

Bib: 103

Personal Best Marathon: Debut

Additional Personal Bests

5,000 meters: 18:48 (2021)

Half Marathon: 1:24:08 (2021)

Kate Eggers-Leaf, a Montevideo, Minnesota native and Gustavus Adolphus College graduate, recently finished 10th overall at the 2021 Garry Bjorklund Half Marathon with a time of 1:24:08. In 2021, she has also competed in the Brian Kraft 5K and finished with a time of 18:48, which was good for 14th place at one of the most competitive road 5Ks in Minnesota every year.

Meredith Gaynor, USA

Age: 33

Residence: Waterville, Ohio

High School: Maumee Valley Country Day School (OH)

College: Smith College (MA)/Columbia University (NY)

Bib: 105

Personal Best Marathon: 2:58:16 (2020 Chevron Houston Marathon)

Additional Personal Bests

5,000 meters: 18:51 (2021)

10 Mile: 1:04:50 (2020)

Half Marathon: 1:24:57 (2020)

Meredith (Byers) Gaynor took a less common path into competitive distance running and marathoning – she didn't start training until age 25. A full-time school teacher in Ohio currently, Gaynor placed 8th at the 2020 Ameris Bank Jacksonville Half Marathon in a time of 1:24:57, then placed 112th at the 2020 Chevron Houston Marathon, with a time of 2:58:16.

Carli Bartnik, USA

Age: 28

Residence: Minneapolis, Minnesota

High School: Eden Prairie High School (MN)

College: University of Wisconsin – Madison (WI)/University of Minnesota (MN)

Bib: 106

Personal Best Marathon: 2:59:59 (2018 Chicago Marathon)

Additional Personal Bests

5,000 meters: 17:45 (2017)

10,000 meters: 36:36 (2017)

10 Mile: 1:04:22 (2021)

Half Marathon: 1:23:44 (2017)

An All-Conference honoree in cross country while in high school at Eden Prairie high school, Carli (Schulz) Bartnik also participated in Nordic skiing and track & field. After graduating from Eden Prairie, Bartnik went to the University of Wisconsin – Madison and continued to train and compete with the Wisconsin Running Club, before ultimately joining the NCAA Division I women's cross country and track & field teams at the University of Minnesota – Twin Cities as a graduate student. At Minnesota, Bartnik competed in several meets for the Golden Gophers alongside her future husband and fellow 2021 Medtronic Twin Cities Marathon participant, Aaron Bartnik. Outside of collegiate competition, Carli Bartnik has run the Boston Marathon, Medtronic Twin Cities Marathon, Grandma's Marathon, as well as the Chicago Marathon where she set her current personal best. More recently, Bartnik won the 2021 Women Run the Cities 10 Mile in 1:04:22.

Lauren Holtvoigt, USA

Age: 35

Residence: San Diego, California

High School: Chaminade Julianne (OH)

College: The Ohio State University (OH)

Bib: 107

Personal Best Marathon: 3:00:20 (2018 Columbus Marathon)

Additional Personal Bests

5,000 meters: 19:07 (2018)

10,000 meters: 39:41 (2019)

Half Marathon: 1:27:09 (2018)

Lauren Holtvoigt placed 38th recently at the Valley ONE Half Marathon in Valley, Nebraska on April 24th, 2021, with a time of 1:27:25. She also finished the 2018 Columbus Marathon in a time of 3:00:20.

Elena Hayday, USA

Age: 21

Residence: Minneapolis, Minnesota

High School: Bloomington Jefferson High School (MN)

College: University of Minnesota – Twin Cities (MN)

Bib: 108

Personal Best Marathon: Debut

Additional Personal Bests

5,000 meters: 17:10.45 (2021)

Elena Hayday graduated from Bloomington Jefferson High School where she participated in cross country and track & field and was also a member of the 2017 MSHSL Class AA state champion 4x400 meter relay team. While also competing in volleyball in high school, Hayday was an All-Conference and All-Section honoree in cross country and track & field for the Jaguars. After high school, Hayday went on to compete in cross country and track & field at the University of Minnesota – Twin Cities, where two of her best performances were a fifth-place finish (third for the Gophers) at the Jack's Run 6k in 2019 where she ran 22:04, as well as a 17:10.45 5,000 meter run at the Husker Triangular indoor track & field meet in January 2021 where she placed fourth.

Ashley Dobbelmann, USA

Age: 37

Residence: Battle Lake, Minnesota

High School: Sonoma Valley High School (CA)

College: University of California – San Diego (CA)

Bib: 110

Personal Best Marathon: 3:06:37 (2019 Medtronic Twin Cities Marathon)

Additional Personal Bests

10,000 meters: 38:42 (2017)

Half Marathon: 1:28:21 (2018)

Ashley (Hansen) Dobbelmann, a native Californian, has run the Medtronic Twin Cities Marathon three years in a row, and this year will make it four since there was no 2020 edition of the event. Dobbelmann finished in 3:20:33, 3:16:33 and 3:06:37 in 2017, 2018 and 2019, respectively. She also participated in the 2018 Hot Dash 10 Mile, where she finished with a time of 1:11:38.