



MEDTRONIC
TWIN CITIES
MARATHON
WEEKEND

2022 Medtronic Twin Cities Marathon Weekend Professional Athlete Biographies

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**Men's 10 Mile
2022 Prize Money Breakdown**

USATF Men's Championship

1st	\$12,000
2nd	10,000
3rd	\$7,000
4th	\$4,000
5th	\$2,500
6th	\$1,500
7th	\$1,250
8th	\$1,000
9th	\$750
10th	\$500

USATF Equalizer Bonus

\$10,000

Open Men

1st	\$500
2nd	\$400
3rd	\$300
4th	\$250
5th	\$200
6th	\$150

Non-Binary

1st	\$500
2nd	\$250
3rd	\$100

Minnesota Masters

1st	\$500
2nd	\$250
3rd	\$100

Medtronic TC 10 Mile: Men

Abbabiya “Biya” Simbassa, USA

Twitter handle: @Biya_simba35

Instagram username: simba_runner

Age: 29

Current Residence: Flagstaff, Arizona

Sponsor/Training Group: Under Armour

Bib: 20001

Personal Best 10 Mile: 46:18 (2021 Credit Union Cherry Blossom 10 Mile)

Additional Personal Bests

One Mile: 3:58.71 (2021)

5,000 meters: 13:19.12 (2021)

10,000 meters: 27:45.78 (2017)

Half Marathon: 1:01:03 (2022)

- University of Oklahoma:
 - Multi-time All-Big 12 honoree
 - 5th and 6th in the 10,000m and 5,000m, respectively, at the 2015 Big 12 Outdoor Track & Field Championships
- Post-Collegiate:
 - 2021 USATF 10 Mile Championships – Champion
 - 2021 USATF 25K Championships – Champion
 - 2021 USATF 20K Championships – Runner-Up
 - 2021 U.S. Olympic Trials 10,000m – 7th in 27:59.94
 - **2019 USATF 10 Mile Championships – Runner-up (hosted by TCM)**
 - **2018 USATF 10 Mile Championships – 8th (hosted by TCM)**
- 2022 Results:
 - January: Aramco Houston Half Marathon – 7th in 1:01:03, (#2 time in the U.S. in 2022 thus far)
 - April: Mt. SAC Relays 5,000m – Runner-up in 13:33.56
 - September 5: USATF 20K Road Championships – 5th in 59:19
 - September 17: USATF 10K Road Championships – Champion in 28:13
- Notes:
 - Originally born in Asela, Ethiopia, but has lived in the U.S. since he was 13
 - Former member of Minnesota Distance Elite

Reed Fischer, USA

Twitter handle: @reedfisch

Instagram username: reedfisch

Age: 27

Current Residence: Boulder, Colorado

Sponsor/Training Group: adidas / Tinman Elite

Bib: 20002

Personal Best 10 Mile: 46:59 (2021 Credit Union Cherry Blossom 10 Mile)

Additional Personal Bests

5,000 meters: 13:43.46 (2019)

10,000 meters: 28:12.53 (2020)

Half Marathon: 1:01:37 (2020)

Marathon: 2:10:54 (2022)

- Hopkins High School (MN):
 - 2013 MN State Track & Field Championships – 11th in 3200m
 - 2012 MN State Cross Country Championships – 42nd
- Drake University:
 - 2017 NCAA Division I Outdoor Track & Field Championships 10,000m – 9th
 - 2016 NCAA Division I Cross Country Championships – 50th
 - 2016 Missouri Valley Conference Cross Country Championships – Champion
- Post-Collegiate:
 - 2022 USATF Half Marathon Championships – 5th
 - 2021 USATF 10 Mile Championships – 3rd
 - 2020 U.S. Olympic Marathon Team Trials Qualifier
 - 2019 Chicago Marathon – 9th
 - 2018 NACAC Championships 10,000m – 3rd
- Recent Results:
 - 2022 Boston Marathon – 16th in 2:10:54
 - 2022 United Airlines NYC Half Marathon – 7th

Joel Reichow, USA

Instagram username: joelreichow

Age: 29

Bib: 20003

Current Residence: White Bear Lake, Minnesota

Sponsor/Training Group: Minnesota Distance Elite

Bib: 20003

Personal Best 10 Mile: 47:36 (2021 Credit Union Cherry Blossom 10 Mile)

Additional Personal Bests

10,000 meters: 28:23.93 (2021)

Half Marathon: 1:02:38 (2020)

Marathon: 2:15:45 (2020)

- White Bear Lake High School (MN):
 - 2012 MN State Track & Field Championships 1600m – 9th

- 2011 MN State Cross Country Championships – 9th
- 2010 MN State Cross Country Championships – 20th
- South Dakota State University:
 - Two-time NCAA Division I Cross Country All-American
 - 2016 NCAA Division I Cross Country Championships – 20th
- Post-Collegiate:
 - 2012 USATF Half Marathon Championships – 13th in 1:03:38
 - 2021 USATF 10 Mile Championships – 6th in 47:36
 - 2020 U.S. Olympic Trials Marathon – 33rd in 2:20:05
 - 2019 NACAC Cross Country Championships – U.S. Team Member
 - 2018 USATF 10 Mile Championships (hosted by TCM) – 19th
- Recent Results:
 - 2022 Garry Bjorklund Half Marathon – 10th in 1:04:39
 - 2022 USATF 20K Championships – 15th in 1:02:07
 - 2022 Credit Union Cherry Blossom 10 Mile – 9th in 48:11

John Raneri, USA

Instagram username: raneri.john

Age: 30

Current Residence: Flagstaff, Arizona

Sponsor/Training Group: McKirdy Trained

Bib: 20004

Personal Best 10 Mile: 47:43 (2021 Credit Union Cherry Blossom 10 Mile)

Additional Personal Bests

Half Marathon: 1:01:51 (2020)

Marathon: 2:13:57 (2020)

- University of North Carolina – Chapel Hill:
 - 2-Time NCAA Division I Cross Country Championships Qualifier
 - 2-Time NCAA Division I All-Region in Cross Country
 - 3-Time All-ACC Conference in Cross Country
- Post-Collegiate:
 - 2021 USATF 10 Mile Championships – 9th in 47:43
 - 2021 USATF 15K Championships – 10th in 44:15
 - 2021 TCS New York City Marathon – 12th in 2:15:36
 - 2019 TCS New York City Marathon – 15th in 2:14:13
- Recent Results:
 - 2022 USATF 15K Championships – 21st in 45:24
 - 2022 USATF 20K Championships – 19th in 1:03:09
 - 2022 Mesa Half Marathon – 4th in 1:03:30

Shadrack Kipchirchir, USA

Twitter handle: @Shadkipchirchir

Instagram username: shadrackkipchirchir

Age: 33

Current Residence: Colorado Springs, Colorado

Sponsor/Training Group: Nike / American Distance Project

Bib: 20005

Personal Best 10 Mile: 46:32 (2018 Medtronic TC 10 Mile)

Additional Personal Bests

One Mile: 3:55.31 (2018)

5,000 meters: 13:08.25i (2020)

10,000 meters: 27:07.55 (2017)

Half Marathon: 1:01:16 (2022)

- Oklahoma State University:
 - 9-Time NCAA Division I Championships Qualifier
 - 9-Time All-Big 12 Conference Honoree
 - 2014 NCAA Division I Outdoor Track & Field Championships 10,000m – Runner-up
 - 2012 NCAA Division I Cross Country Championships – 18th
- Post-Collegiate:
 - 2019 IAAF World Athletics Championships 10,000m – 10th
 - **2018 USATF 10 Mile Championships – Champion + Equalizer Bonus (hosted by TCM)**
 - 2017 IAAF World Athletics Championships 10,000m – 9th in 27:07.55 (#5 U.S. All-Time)
 - **2017 USATF 10 Mile Championships – Champion + Equalizer Bonus (hosted by TCM)**
 - 2016 Rio de Janeiro Olympic Games 10,000m – 9th in 27:58.32
- Recent Results:
 - 2022 USATF Cross Country Championships – Champion
 - 2022 USATF 20K Championships – 4th in 59:18
 - 2022 USATF Outdoor Championships 10,000m – 5th
- Notes:
 - Trains as member of the American Distance Project coached by Scott Simmons
 - Former member of the U.S. Army's World Class Athlete Program, serving as a Financial Management Technician and assisting with the Red Cross

Hillary Bor, USA

Twitter handle: @borkip

Age: 32

Current Residence: Colorado Springs, Colorado

Sponsor/Training Group: HOKA ONE ONE / American Distance Project

Bib: 20006

Personal Best 10 Mile: 48:22 (2016 U.S. Army Ten Miler)

Additional Personal Bests

3,000 meter Steeplechase: 8:08.41 (2019)

10,000 meters: 27:38.53 (2020)

Half Marathon: 1:09:24 (2015)

- Iowa State University:
 - 3-Time NCAA Division I All-American in the 3,000m Steeplechase finishing 4th, 2nd, and 3rd in 2008, 2009, and 2010
- Post-Collegiate:
 - 2020 Tokyo Olympic Games 3,000m Steeplechase – 19th
 - 2016 Rio de Janeiro Olympic Games 3,000m Steeplechase – 7th
- Recent Results:
 - 2022 USATF Outdoor Championships 3,000m Steeplechase – Champion
 - 2022 World Athletics Championships 3,000m Steeplechase – 8th
 - 2022 USATF 15K Championships – 3rd in 43:14
- Notes:
 - Native of Eldoret, Kenya, where he competed for Arnesens High School and was the district champion in the long jump and pole vault on top of being a top distance runner in the area.
 - Served in the U.S. Army as a Financial Management Technician and a member of the World Class Athlete Program, with his brothers Emmanuel and Julius – who are also top U.S. runners.
 - His brother, Emmanuel Bor, is also competing in this year’s Medtronic TC 10 Mile

Sam Chelanga, USA

Twitter handle: @ChelangaSam

Instagram username: samchelanga

Age: 37

Current Residence: Colorado Springs, Colorado

Sponsor/Training Group: Nike / U.S. Army World Class Athlete Program

Bib: 20007

Personal Best 10 Mile: 46:47 (2015 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 13:04.35i (2014)

10,000 meters: 27:08.39 (2010)

Half Marathon: 1:00:37 (2018)

Marathon: 2:15:02 (2017)

- Liberty University:
 - 4-Time NCAA Division I Champion (2x Cross Country, 2x Outdoor Track & Field)

- 14-Time NCAA Division I All-American
- Post-Collegiate:
 - 2018 IAAF World Half Marathon Championships – 14th in 1:01:23
 - 2015 Chicago Marathon – 15th in 2:15:02
 - **2016 USATF 10 Mile Championships – Champion (hosted by TCM)**
 - **2015 USATF 10 Mile Championships – Champion (hosted by TCM)**
- Recent Results:
 - 2022 USATF Outdoor Championships 10,000m – 10th
 - 2022 USATF 20K Championships – 3rd in 59:15
 - 2022 USATF 10K Championships – 3rd in 28:36
- Notes:
 - Member of the U.S. Army’s World Class Athlete Program since 2018, serving as a Logistics Officer

Sydney Gidabuday, USA

Twitter handle: @SydneyGetabooty

Instagram username: sydney_gidabuday_

Age: 26

Current Residence: Boulder, Colorado

Sponsor/Training Group: Altra / Roots Running Project

Bib: 20009

Personal Best 10 Mile: 46:36 (2021 Blue Cross Broad Street 10 Mile)

Additional Personal Bests

5,000 meters: 13:22.66 (2021)

10,000 meters: 28:15.41 (2020)

15K Road: 44:46 (2021)

Half Marathon: 1:01:09 (2022)

- Adams State University:
 - 7-Time NCAA Division II National Champion
 - 14-Time NCAA Division II All-American
- Post-Collegiate:
 - 2021 USATF Half Marathon Championships – 12th in 1:03:32
 - 2021 USATF 5K Championships – 3rd in 13:53
 - 2021 U.S. Olympic Trials Qualifier – 5,000 meters
 - **2019 USATF 10 Mile Championships – 8th in 47:14 (hosted by TCM)**
- 2022 Results:
 - January: Aramco Houston Half Marathon – 9th in 1:01:09
 - March: Sound Running THE TEN 10,000m – 21st in 29:19.84
 - April: Mt. SAC Relays 5,000m – 13th in 14:00.27
 - September: The Great Cow Harbor 10K—26th in 31:05

- Notes:
 - o One of the best NCAA Division II athletes of all-time, leaving Adams State as the indoor 3,000m NCAA all-time record holder and #2 in the 1,500m as well

Reid Buchanan, USA

Twitter handle: @ReidBuchanan

Instagram username: reidbuchanan

Age: 29

Current Residence: San Diego, California

Sponsor/Training Group: On Running / Mammoth Track Club

Bib: 20010

Personal Best 10 Mile: 46:57 (2022 Credit Union Cherry Blossom 10 Mile)

Additional Personal Bests

5,000 meters: 13:27.83 (2017)

10,000 meters: 27:52.74 (2022)

Half Marathon: 1:01:45 (2020)

Marathon: 2:11:38 (2020)

- University of Portland (transferred from University of Kansas):
 - o 2016 NCAA Division I Outdoor Track & Field Championships 10,000m – 5th
 - o 2016 NCAA Division I Indoor Track & Field Championships 3,000m – 15th
 - o 2014 NCAA Division I Cross Country Championships – 28th
- Post-Collegiate:
 - o 2020 USATF 15K Championships – 4th in 44:52
 - o 2020 The Marathon Project – 13th in 2:11:38
 - o 2019 USATF Outdoor Championships 10,000m – 7th
 - o 2017 USATF Outdoor Championships 5,000m – 8th
- 2022 Results:
 - o January: Aramco Houston Half Marathon – 18th in 1:03:11
 - o April: Credit Union Cherry Blossom 10 Mile – 5th in 46:57
 - o May: Carlsbad 5000 – Runner-up in 13:45
 - o July: Boilermaker 15K – 8th in 43:56
- Notes:
 - o Currently training with Mammoth Track Club under Head Coach Andrew Kastor, husband of legendary U.S. female distance runner Deena Kastor

Josh Yeager, USA

Instagram username: yeaaahhger

Age: 25

Current Residence: Minneapolis, Minnesota

Sponsor/Training Group: Minnesota Distance Elite

Bib: 20011

Personal Best 10 Mile: Debut

Additional Personal Bests

1,500 meters: 3:44.59 (2022)

3,000 meters: 7:46.19 (2022)

5,000 meters: 13:42.82 (2021)

- South Dakota State University (transferred from Drake University)
 - 2021 Summit League Outdoor Track & Field Championships 5,000m – Champion
 - 2021 Summit League Outdoor Track & Field Championships 3,000m Steeple – Champion
 - 2021 NCAA West Preliminary Round Qualifier
 - South Dakota State University 5,000 meter outdoor school record holder
- Post-Collegiate:
 - 2021 Drake Relays 3,000 meter Steeplechase – Champion
 - 2021 Twin Cities Orthopedics Vikings 5K – Champion
 - 2021 USATF 5K Championships – 24th in 14:21
- 2022 Results:
 - February: USATF Indoor Championships 3,000m – 9th in 7:52.59
 - April: Drake Relays 1500m – 6th in 3:47.08
 - June: Portland Track Festival – 10th in 13:52.07
 - July: Stumptown Twilight 1500m – Runner-up in 3:44.59
- Notes:
 - Member of Minnesota Distance Elite since August 2021
 - 2018 Missouri Valley Conference Elite 17 Award Winner

Blaise Ferro, USA

Instagram username: blaiseferro

Age: 24

Current Residence: Flagstaff, Arizona

Sponsor/Training Group: PUMA

Bib: 20012

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 13:31.54 (2021)

10,000 meters: 27:56.30 (2021)

- Northern Arizona University:
 - 2021 NCAA Division I Cross Country Championships – 6th (All-American)
 - 2018 NCAA Division I Cross Country Championships – 26th (All-American)
 - 11-Time All-Big Sky Conference Honoree
 - Member of NAU's National Cross Country Championship Teams in 2016, 2017, 2018 and 2020, as well as NAU's Runner-Up Team in 2019

- Post-Collegiate:
 - Turned Pro in 2022, is sponsored by PUMA, and coached by NAU Head Coach Mike Smith
- 2022 Results:
 - April: Bryan Clay Invitational 1500m – 7th
 - June: Portland Track Festival 5,000m – 5th in 13:41.60
 - July: Sound Running Sunset Tour #1 5,000m – Champion in 13:45.89
- Notes:
 - RACE DAY IS HIS 24TH BIRTHDAY

Jacob Thomson, USA

Twitter handle: @jtcougars8

Instagram username: jtcougars8

Age: 27

Current Residence: Louisville, Kentucky

Sponsor/Training Group: Under Armour Mission Run Dark Sky Distance

Bib: 20013

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 13:28.35 (2020)

10,000 meters: 27:57.32

Marathon: 2:15:49 (2021)

- University of Kentucky:
 - 3-Time SEC Champion in Cross Country and Track & Field
 - 3-Time NCAA Division I All-American in Cross Country and Track & Field
 - 2018 NCAA Division I Outdoor Track & Field Championships 10,000m – 6th
- Post-Collegiate:
 - 2021 Bank of America Chicago Marathon – 12th in 2:15:49
 - 2020 U.S. Olympic Track & Field Team Trials 10,000m – 17th
 - 2020 USATF 15K Championships – 6th in 45:02
 - 2019 USATF Indoor Championships Two Mile – 6th in 8:34.64
- 2022 Results:
 - February: Mesa Half Marathon – Champion in 1:02:25
 - May: USATF Half Marathon Championships – 3rd in 1:02:46
 - July: USATF 8K Championships – 7th in 23:12
 - September: USATF 10K Championships – 8th in 29:20
- Notes:
 - Trains under Coach Stephen Haas
 - Run his own coaching business, Run Thomson Training, as well as a youth running camp called Bluegrass Running Camp

Martin Hehir, USA

Twitter handle: @mardy_hehir

Instagram username: marty10khehir

Age: 29

Current Residence: Charlottesville, Virginia

Sponsor/Training Group: Reebok / Reebok Boston Track Club

Bib: 20014

Personal Best 10 Mile: 46:49 (2018 Pittsburgh 10 Miler)

Additional Personal Bests

5,000 meters: 13:29.94 (2017)

10,000 meters: 27:57.52 (2021)

Half Marathon: 1:03:46 (2016)

Marathon: 2:08:59 (2020)

- Syracuse University:
 - 17-Time All-ACC Conference Honoree
 - 4-Time NCAA Division I All-American
 - 2015 NCAA Division I Cross Country Championships – 9th place, leading Syracuse to just their second NCAA title ever
- Post-Collegiate:
 - 2021 USATF 15K Championships – 16th in 44:54
 - 2020 U.S. Olympic Marathon Team Trials – 6th in 2:11:29
 - 2020 The Marathon Project – Champion in 2:08:59 (7th fastest American all-time)
 - **2019 USATF 10 Mile Championships – 4th (hosted by TCM)**
 - **2017 USATF 10 Mile Championships – 8th (hosted by TCM)**
 - **2016 USATF 10 Mile Championships – 4th (hosted by TCM)**
 - 2016 U.S. Olympic Track & Field Team Trials 10,000m – 7th
- 2022 Results:
 - Has not competed in 2022 yet.
- Notes:
 - Hehir is also a full-time medical school student, currently completing his residency in Anesthesiology through the University of Virginia

Colin Bennie, USA

Twitter handle: @Cbennie22

Instagram username: colin_bennie

Age: 27

Current Residence: San Francisco, California

Sponsor/Training Group:

Bib: 20017

Personal Best 10 Mile: Debut

Additional Personal Bests

10,000 meters: 28:04.25 (2021)

15K Road: 43:26 (2022)

Half Marathon: 1:02:46 (2019)

Marathon: 2:09:38 (2020)

– Syracuse University:

- 6-Time NCAA Division I All-American
- 2018 NCAA Division I Outdoor Track & Field Championships 10,000m – 9th
- 2015 NCAA Division I Cross Country Championships – 5th
- 2015 NCAA Division I Indoor Track & Field Championships – 8th
- 5-Time All-ACC Conference Honoree

– Post-Collegiate:

- 2021 B.A.A. Boston Marathon – 7th in 2:11:26 (top American)
- 2020 The Marathon Project – 3rd in 2:09:38 (just outside top 10 U.S. all-time)
- 2020 U.S. Olympic Marathon Team Trials – 9th
- 2019 Aramco Houston Half Marathon – 19th in 1:02:46

– 2022 Results:

- March: USATF 15K Championships – 5th in 43:26
- April: B.A.A. Boston Marathon – 19th in 2:12:08
- August: TD Beach to Beacon 10K – 7th in 29:38

Tyler Pennel, USA

Twitter handle: @TylerPennel

Instagram username: tylerpennel

Age: 34

Current Residence: Blowing Rock, North Carolina

Sponsor/Training Group: On ZAP Endurance

Bib: 20018

Personal Best 10 Mile: 46:48 (2015 Medtronic TC 10 Mile)

Additional Personal Bests

One Mile: 3:58.99 (2015)

Half Marathon: 1:01:44 (2014)

Marathon: 2:12:34 (2020)

– Western State College of Colorado:

- 2012 NCAA Division II Outdoor Track & Field Championships 10,000m – Champion
- Multi-time NCAA Division II All-American

– Post-Collegiate:

- 2020 U.S. Olympic Marathon Team Trials – 11th in 2:12:34
- 2018 B.A.A. Boston Marathon – 4th in 2:18:57
- 2016 U.S. Olympic Marathon Team Trials – 5th in 2:14:57

- **2016 USATF 10 Mile Championships – 7th in 48:10 (hosted by TCM)**
- **2015 USATF 10 Mile Championships – Runner-up in 46:48 (hosted by TCM)**
- **2014 USATF Marathon Championships – Champion in 2:13:33 (hosted by TCM)**
- 2014 World Half Marathon Championships – 33rd
- 2022 Results:
 - July: Cook Medical Beat the Heat 5K – 3rd in 14:57

Ahmed Muhumed, USA

Twitter handle: @ahmedmuhumed14

Instagram username: ahmedmuhumed14

Age: 24

Current Residence: Aloha, Oregon

Sponsor/Training Group:

Bib: 20019

Personal Best 10 Mile: Debut

Additional Personal Bests

1,500 meters: 3:42.46 (2021)

5,000 meters: 13:26.11 (2022)

10,000 meters: 28:48.69 (2022)

- Florida State University (transferred from Boise State University):
 - Two-Time NCAA Division I All-American
 - 2022 ACC Championships 10,000m – Champion
 - FSU school record holder in the indoor 3,000m and outdoor 5,000m
- Post-Collegiate:
 - Has not raced professionally/post-collegiately yet.
- 2022 Results:
 - March: NCAA Division I Indoor Championships 5,000m – 15th
 - April: Payton Jordan Invitational 5,000m – Runner-up in 13:26.11
 - May: ACC Outdoor Track & Field Championships 10,000m – Champion

Josh Izewski, USA

Instagram username: joshizewski

Age: 32

Current Residence: Blowing Rock, North Carolina

Sponsor/Training Group: On ZAP Endurance

Bib: 20020

Personal Best 10 Mile: 47:26 (2018 Cherry Blossom 10 Mile)

Additional Personal Bests

20K Road: 1:03:13 (2018)

Marathon: 2:12:45 (2022)

- University of Florida:
 - Multi-time All-SEC Conference Honoree
 - 2010 NCAA Division I Outdoor Track & Field Championships – 18th
- Post-Collegiate:
 - 2021 Bank of America Chicago Marathon – 16th in 2:18:49
 - 2020 U.S. Olympic Marathon Team Trials – 17th in 2:14:15
 - 2018 USATF Marathon Championships – 3rd in 2:13:14
 - Competed as Professional Triathlete from 2013-2016
 - 45th in the ITU World Triathlon Grand Final
 - 33rd in the Montreal World Cup
- 2022 Results:
 - January: Chevron Houston Marathon – 8th in 2:12:45
 - March: Ashland City Half Marathon – 3rd in 1:06:12
 - July: USATF 8K Championships – 9th in 23:26

Michael Jordan, USA

Instagram username: mj_of_track

Age: 31

Current Residence: Vancouver, Washington

Sponsor/Training Group: Bowerman Track Club Elite

Bib: 20021

Personal Best 10 Mile: Debut

Additional Personal Bests

3,000 meter Steeplechase: 8:30.86 (2017)

15K Road: 45:29 (2017)

Half Marathon: 1:05:33 (2014)

- University of Southern Indiana:
 - 5-Time NCAA Division I All-American
- Post-Collegiate:
 - 2021 Portland Track Festival 3,000m Steeplechase – 12th
 - 2019 USATF Outdoor Championships 3,000m Steeplechase – 5th
 - 2017 USATF Outdoor Championships 3,000m Steeplechase – Runner-up
 - 2014 Carmel Half Marathon – Runner-up in 1:05:42
- 2022 Results:
 - January: UW Invitational 3,000m – 3rd in 8:03.42
 - February: Husky Classic One Mile – 4th in 4:08.96
 - June: Portland Track Festival 5,000m – 24th in 14:14.28
- Notes:
 - Former member of the U.S. Army’s World Class Athlete Program where he served as an Ammunition Stock Control & Accounting Specialist

- Currently trains with Bowerman Track Club Elite, and is an Assistant Cross Country and Track & Field Coach at the University of Portland

Diego Estrada, USA

Instagram username: diegoestrada831

Age: 32

Current Residence: Flagstaff, Arizona

Sponsor/Training Group:

Bib: 20022

Personal Best 10 Mile: 47:41 (2022 Credit Union Cherry Blossom 10 Mile)

Additional Personal Bests

5,000 meters: 13:15.33 (2013)

10,000 meters: 27:30.53 (2015)

Half Marathon: 1:00:51 (2015)

Marathon: 2:11:54 (2019)

- Northern Arizona University:
 - Won the mile, 3,000m, and 5,000m at the 2012 Big Sky Indoor Track & Field Championships
 - 10-Time NCAA Division I All-American
 - 2013 NCAA Division I Indoor Track & Field Championships 5,000m – Runner-up
 - 2013 NCAA Division I Outdoor Track & Field Championships 5,000m – Runner-up
- Post-Collegiate:
 - 2020 U.S. Olympic Track & Field Team Trials 10,000m – 13th
 - 2018 IAAF World Athletics Half Marathon Championships – 68th
 - 2016 Chicago Marathon – 8th in 2:13:56
 - 2015 Prefontaine Classic 10,000m – 9th
 - 2015 USATF Half Marathon Championships – Champion
 - 2012 London Olympic Games (representing Mexico) 10,000m – 21st
- 2022 Results:
 - March: USATF 15K Championships – 16th in 45:08
 - April: Credit Union Cherry Blossom 10 Mile – 8th in 47:41
 - September: USATF 20K Championships – 7th in 59:48

Johnny Crain, USA

Twitter handle: @Jacrain27

Instagram username: jcrain27

Age: 30

Current Residence: Lansing, Michigan

Sponsor/Training Group: Team Wicked Bonkproof

Bib: 20024

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

Additional Personal Bests

10,000 meters: 28:26.98 (2015)

Half Marathon: 1:03:21 (2015)

Marathon: 2:12:55 (2022)

- North Central College:
 - Four-Time NCAA Division III Champion
- Post-Collegiate:
 - 2020 U.S. Olympic Marathon Team Trials – Qualifier
 - 2017 USATF Marathon Championships – 12th
 - **2016 USATF 10 Mile Championships – 14th (hosted by TCM)**
 - 2016 U.S. Olympic Track & Field Team Trials 10,000m – 16th
 - 2015 USATF Half Marathon Championships – 12th
- 2022 Results
 - May: USATF 25K Championships – 4th in 1:16:51
 - June: Grandma’s Marathon – 7th in 2:12:55
 - September: USATF 20K Championships – 13th in 1:01:45
- Notes:
 - “Believes running is the best part of the day”
 - Has his own online coaching business called “Team Wicked Bonkproof”

Tom Anderson, USA

Instagram username: tomanderson90

Age: 32

Current Residence: Seattle, Washington

Sponsor/Training Group: Club Northwest

Bib: 20025

Personal Best 10 Mile: 49:27 (2016 Cherry Blossom 10 Mile)

Additional Personal Bests

3,000 meters: 7:49.85 (2022)

5,000 meters: 13:28.07 (2022)

10,000 meters: 28:35.47 (2022)

Half Marathon: 1:04:03 (2016)

Marathon: 2:19:36 (2017)

- Butler University:
 - Multiple-Time All-BIG EAST Selection
 - 2014 BIG EAST Outdoor Track & Field Championships – 5,000m (5th) & 10,000m (4th)
- Post-Collegiate:
 - 2021 British Championships 10,000m – 9th
 - 2020 The Track Meet 5,000m – 3rd

- 2019 Papa John's 10 Mile – 3rd
- 2017 London Marathon – 31st
- 2016 Chicago Marathon – 16th
- 2014 Indianapolis Monumental Half Marathon – Champion
- 2022 Results:
 - January: Washington Indoor Preview 3,000m – 5th in 7:49.85
 - April: Oregon Relays 5,000m – Runner-up in 13:28.07
 - June: Portland Track Festival 3,000m – Champion in 8:05.28
 - July: Sound Running Sunset Tour #3 5,000m – Champion in 13:31.39
 - May: British Championships 10,000m – 7th in 28:35.47

Geoffrey Kipchumba, USA

Instagram username: geffkeepkip

Age: 29

Current Residence: Peyton, Colorado

Sponsor/Training Group: U.S. Army World Class Athlete Program

Bib: 20026

Personal Best 10 Mile: Debut

Additional Personal Bests

10K Road: 27:41 (2022)

15K Road: 45:10 (2019)

Half Marathon: 1:03:42 (2019)

- William Carey University:
 - 3-Time NAIA National Champion in the Indoor 5,000m
- Post-Collegiate:
 - 2021 Kip Keino Classic 10,000m – 3rd
 - 2019 Santa Fe Thunder Half Marathon – Champion
- 2022 Results:
 - April: META TIME TRIALS by ASICS (Málaga, Spain) Road 10K– 27:41
- Notes:
 - Joined the U.S. Army World Class Athlete Program in July 2019 and currently serves as an Army Behavioral Health Specialist

Futsum Zienasellassie, USA

Twitter handle: @Futsumz

Instagram username: bigfoot_sum

Age: 29

Current Residence: Flagstaff, Arizona

Sponsor/Training Group: McKirdy Trained

Bib: 20027

Personal Best 10 Mile: 46:53 (2022 Credit Union Cherry Blossom 10 Mile)

Additional Personal Bests

5,000 meters: 13:34.84 (2017)

10,000 meters: 27:52.70 (2016)

Half Marathon: 1:01:21 (2021)

- Northern Arizona University:
 - 2016 NCAA Division I Cross Country Championships – 4th, leading the NAU Lumberjacks to their first ever team National Championship title in any sport
 - 2016 NCAA Division I Outdoor Track & Field Championships 10,000m – Champion
 - 6-Time NCAA Division I All-American
- Post-Collegiate:
 - 2021 USATF 10K Championships – Champion
 - **2019 USATF 10 Mile Championships – Champion (hosted by TCM)**
 - **2018 USATF 10 Mile Championships – 8th (hosted by TCM)**
 - **2017 USATF 10 Mile Championships – 10th (hosted by TCM)**
- 2022 Results:
 - April: Credit Union Cherry Blossom 10 Mile – 4th in 46:53
 - May 7: USATF Half Marathon Championships – Runner-up in 1:02:36
 - May 14: USATF 25K Championships – Runner-up in 1:16:31
 - September 5: USATF 20K Championships – 6th in 59:37
 - September 17: USATF 10K Championships – 5th in 28:56

Kevin Lewis, USA

Twitter handle: @KevinLewisUI

Instagram: kevin.iowa

Age: 29

Current Residence: Richfield, Minnesota

Sponsor/Training Group: Minnesota Distance Elite

Bib: 20028

Personal Best 10 Mile: 48:25 (2019 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 13:43 (2015)

10,000 meters: 28:32.06 (2018)

Half Marathon: 1:02:48 (2020)

Marathon: 2:12:02 (2020)

- University of Iowa:
 - 2015 NCAA Division I Outdoor Track & Field Championships 5,000m – 16th
 - 2015 Big Ten Outdoor Track & Field Championships 10,000m – 5th
 - 2014 Big Ten Cross Country Championships – 6th
- Post-Collegiate:
 - 2021 TCS New York City Marathon – 21st

- 2020 The Marathon Project – 14th in 2:12:02
- 2020 U.S. Olympic Marathon Team Trials – 39th
- 2018 USATF Outdoor Championships 10,000m – 13th
- 2022 Results:
 - March: Los Angeles Marathon – 6th in 2:17:37
 - June: Grandma’s Marathon – 10th in 2:13:48
 - September: USATF 20K Championships – 16th in 1:02:31
- Notes:
 - Works full-time as a Software Engineer at CHS Inc.

Nick Hauger, USA

Twitter handle: @runnin_hauger

Instagram username: nickhauger12

Age: 26

Current Residence: Flagstaff, Arizona

Sponsor/Training Group: HOKA ONE ONE Northern Arizona Elite (NAZ Elite)

Bib: 20029

Personal Best 10 Mile: Debut

Additional Personal Bests

One Hour Run: Traveled 19,440 meters – 12 and 128 meters (2020)

Half Marathon: 1:03:49 (2022)

Marathon: 2:12:59 (2021)

- University of Portland:
 - Two-Time NCAA Division I All-American in Cross Country, helping lead his Portland Pilots to podium finishes in both 2017 and 2018
 - 2018 West Coast Conference Cross Country Championships – Champion
 - 2018 NCAA Division I West Region Cross Country Championships – Champion
- Post-Collegiate:
 - 2021 Trials of Miles Texas Qualifier 10,000m – 3rd
 - 2021 California International Marathon – 3rd
 - 2020 USATF Cross Country Championships – 5th
- 2022 Results:
 - March 5: USATF 15K Championships – 13th in 44:35
 - March 20: United Airlines NYC Half Marathon – 20th in 1:03:49

Stanley Kebenei, USA

Twitter handle: @tanuistan

Instagram username: 3000msteepler

Age: 32

Current Residence: Colorado Springs, Colorado

Sponsor/Training Group: HOKA ONE ONE / Peak Running Elite
Bib: 20030
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: 1:01:57 (2019)

- University of Arkansas:
 - 5-Time NCAA Division I All-American
- Post-Collegiate:
 - 2019 USATF Half Marathon Championships – Runner-up
 - **2018 USATF 10 Mile Championships – 3rd (hosted by TCM)**
 - 2017 IAAF World Outdoor Championships 3,000m Steeplechase – 5th
 - 2017 Monaco Herculis Diamond League 3,000m Steeplechase – 3rd in 8:08.30 (2nd fastest American of all-time)
 - **2016 USATF 10 Mile Championships – 12th (hosted by TCM)**
- 2022 Results:
 - March: USATF 15K Championships – 30th in 46:10
 - May 7: Kip Keino Classic (Nairobi, Kenya) 3000m Steeple – 9th in 8:48.86
 - May 19: USATF Distance Classic 3,000m Steeple – 14th in 8:36.30

Kiya Dandena, USA

Twitter handle: @Kiya_Dandena
Instagram username: run_kiya
Age: 33
Current Residence: Flagstaff, AZ
Sponsor/Training Group:
Bib: 20031
Personal Best 10 Mile: 46:58 (2017 Cherry Blossom 10 Mile)

Additional Personal Bests

Half Marathon: 1:02:21 (2022)
25K Road: 1:15:38 (2019)
Marathon: 2:12:56 (2017)

- Texas A&M University – Kingsville:
 - 2011 NCAA Division II Cross Country Championships – 27th (All-American)
 - 2011 Lone Star Conference Cross Country Runner of the Year
 - Two-Time All-Lone Star Conference Performer
- Post-Collegiate:
 - 2021 USATF 10 Mile Championships – 17th

- 2020 Rock ‘n’ Roll Arizona Half Marathon – Champion
- 2020 U.S. Olympic Marathon Team Trials – Qualifier
- 2017 USATF Marathon Championships – 3rd
- **2015 USATF 10 Mile Championships – 17th (hosted by TCM)**
- 2022 Results:
 - February: Mesa Half Marathon – 3rd in 1:02:29
 - May: USATF 25K Championships – 3rd in 1:16:44
 - June: Garry Bjorklund Half Marathon – Runner-up in 1:02:21

Colin Abert, USA

Twitter handle: @ColinSLAYbert

Instagram username: colinabert

Age: 25

Current Residence: Easton, Minnesota

Sponsor/Training Group: Minnesota Distance Elite

Bib: 20032

Personal Best 10 Mile: Debut

Additional Personal Bests

1,500 meters: 3:41.46 (2021)

3,000 meters: 7:57.72 (2022)

5,000 meters: 13:58.15 (2022)

8K Road: 23:50 (2019)

- Pennsylvania State University:
 - Multi-time All-B1G Ten Conference Honoree
 - 2017 NCAA Division I Cross Country Championships – Qualifier
- Post-Collegiate:
 - 2021 Drake Relays 1,500m – 7th
 - 2021 USATF 5K Championships – 22nd
 - 2021 Trials of Miles NYC Qualifier 1,500m – Champion
- 2022 Results:
 - February: Husky Classic 3,000m – 5th in 7:57.72
 - May: The Track Meet 5,000m – 11th in 13:58.15
 - June: Portland Track Festival 1,500m – 6th in 3:41.83

Owen Hoeft, USA

Twitter handle: @Hoeft98

Instagram username: owenhoeft

Age: 24

Current Residence: Minneapolis, Minnesota

Sponsor/Training Group: Minnesota Distance Elite

Bib: 20033

Personal Best 10 Mile: Debut

Additional Personal Bests

1,500 meters: 3:42.01 (2022)

5,000 meters: 13:51.97 (2022)

8,000 meters: 24:04 (2021)

- Hopkins High School (MN):
 - 5-Time All-State Honoree
 - 4-Time All-Lake Conference Performer
 - Hopkins High School AAA award winner for excellence in academics, athletics and arts.
- College:
 - 2021 B1G 10 Outdoor 1,500m – 6th
 - 2021 B1G Ten Indoor Track & Field Championships Mile – Champion
 - 2021 B1G Ten Indoor Track & Field Championships 3,000m – 5th
 - 2021 NCAA Midwest Regional Cross Country Championships – 26th
- Post-Collegiate:
 - Has yet to make his Professional/Post-Collegiate debut.
- Notes:
 - Owen’s Father, Carson, was also a very good distance runner for Robbinsdale Armstrong High School and the University of Minnesota

Tyler Jermann, USA

Twitter handle: @TylerJermann

Instagram username: tylerjermann

Age: 30

Current Residence: St. Paul, Minnesota

Sponsor/Training Group: Minnesota Distance Elite

Bib: 20034

Personal Best 10 Mile: 49:00 (2019 Medtronic TC 10 Mile)

Additional Personal Bests

Half Marathon: 1:02:52 (2020)

25K Road: 1:18:10 (2022)

Marathon: 2:12:40 (2020)

- Iowa State University:
 - Three-Time Academic All-Big 12 Honoree
- Post-Collegiate:
 - 2021 Grandma’s Marathon – 4th
 - **2019 USATF 10 Mile Championships – 23rd (hosted by TCM)**
 - 2019 TCS New York City Marathon – 18th
 - **2018 Medtronic Twin Cities Marathon – 5th**

- 2017 USATF 50K Championships – Champion
- 2022 Results:
 - January: Chevron Houston Marathon – 11th in 2:14:58
 - May: USATF 25K Championships – 6th in 1:18:10
 - June: Grandma’s Marathon – 24th in 2:16:50
- Notes:
 - Married to another local Elite distance runner, Katy Jermann – who also trains with Minnesota Distance Elite.
 - Also works full-time as a Data Scientist for Sports Betting Innovative Analytics

Joseph Trojan, USA

Age:25

Current Residence: Syracuse, New York

Sponsor/Training Group:

Bib: 20035

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 13:49.68 (2021)

10,000 meters: 28:35.16 (2022)

- Syracuse University (transferred from William & Mary):
 - 2021 NCAA All-Northeast Region Cross Country
 - 2021 NCAA Division I Outdoor Track & Field Championships 10,000m – 21st
 - All-ACC Conference Honoree in Indoor Track & Field
 - While at William & Mary, multi-time All-CAA Honoree & CAA Athlete of the Year
- Post-Collegiate:
 - Has yet to compete Professionally/Post-Collegiately yet.
- 2022 Results:
 - January: Boston U. John Thomas Terrier Classic 5,000m – 3rd in 13:49.04
 - May: ACC Conference Championships 10,000m – 7th in 28:59.66

Alec Sandusky, USA

Twitter handle: @AlecSandusky

Instagram username: alecsandusky

Age: 25

Current Residence: Rochester Hills, Michigan

Sponsor/Training Group: Hansons-Brooks Original Distance Project

Bib: 20036

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 14:01.78 (2022)

10,000 meters: 28:35.36 (2022)

20K Road: 1:04:45 (2022)
Half Marathon: 1:07:03 (2019)

- University of Cincinnati:
 - 9-Time All-Conference
 - 2-Time Horizon League Champion
 - 4-Time NCAA Championships Qualifier
 - 2021 NCAA Division I Indoor Track & Field Championships 5,000m – 14th (All-American)
- Post-Collegiate:
 - 2021 USATF Club Cross Country Championships – 10th
 - 2021 Mt. SAC Cross Champs – 13th
- 2022 Results:
 - January: USATF Cross Country Championships – 11th in 32:18
 - March: The TEN 10,000m – 7th in 28:35.36
 - September 5: USATF 20K Championships – 22nd in 1:04:45
 - September 17: USATF 10K Championships – 13th in 29:43

Matthew McClintock, USA

Twitter handle: @RunMattRun11

Instagram username: runmattrun11

Age: 28

Current Residence: Flagstaff, Arizona

Sponsor/Training Group: McKirdy Trained

Bib: 20037

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

Additional Personal Bests

5,000 meters: 13:47.68 (2019)

10,000 meters: 28:13.69 (2021)

Half Marathon: 1:02:34 (2018)

Marathon: 2:18:03 (2018)

- Purdue University:
 - Two-Time B1G Ten Champion
 - Three-Time NCAA Division I All-American
- Post-Collegiate:
 - 2021 The Track Meet 10,000m – Champion
 - 2021 USATF 10K Championships – 6th
 - **2019 USATF 10 Mile Championships – 21st in 48:45 (hosted by TCM)**
 - **2018 USATF 10 Mile Championships – 17th in 48:32 (hosted by TCM)**
 - **2016 USATF 10 Mile Championships – 5th in 47:53 (hosted by TCM)**
- 2022 Results:
 - February: Mesa 10K – Champion in 29:02

- March: USATF 15K Championships – 9th in 43:57
- July: Cook Medical Beat the Heat 5K – Runner-up in 14:24

Travis Morrison, USA

Twitter handle: @morrison_travis

Instagram username: tj_morrison1

Age: 30

Current Residence: Salt Lake City, Utah

Sponsor/Training Group: Salomon

Bib: 20038

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 14:31.91 (2015)

10,000 meters: 30:10.62 (2015)

Half Marathon: 1:05:38 (2018)

Marathon: 2:15:06 (2021)

- North Central College:
 - Four-Time NCAA Division III All-American
 - 2015 NCAA Division III Indoor Track & Field Championships 5,000m – Champion
- Post-Collegiate:
 - 2021 California International Marathon – 9th
 - 2020 U.S. Olympic Marathon Team Trials – 93rd
 - 2019 Houston Marathon – 17th
 - 2016 Chicago Marathon – 26th
- 2022 Results:
 - June: Grandma’s Marathon – 19th in 2:15:55

Chris Alfond, USA

Instagram username: calfond

Age: 24

Current Residence: Rochester Hills, Michigan

Sponsor/Training Group: Hansons-Brooks Original Distance Project

Bib: 20039

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 13:48.05 (2022)

10,000 meters: 28:44.46 (2022)

- University of Massachusetts – Lowell:
 - Two-Time NCAA Division I Cross Country Championships Qualifier (2019, 2021)
 - 2021 NCAA Division I Outdoor Track & Field Championships 10,000m – 20th

- 2019 America East Cross Country Championships – Champion
- 2022 America East Indoor Track & Field Championships 5,000m – Champion
- Post-Collegiate:
 - 2022 USATF 10K Championships – 14th
- 2022 Results:
 - September: USATF 10K Championships – 14th in 29:51

Aidan Reed, USA

Twitter handle: @AidanReed45

Instagram username: aidanrunn11

Age: 24

Current Residence: Boulder, Colorado

Sponsor/Training Group: Roots Running Project

Bib: 20040

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 13:53.52 (2021)

10,000 meters: 28:44.68 (2021)

Half Marathon: 1:03:27 (2022)

- Southern Utah University:
 - Ten-Time All-Big Sky Conference in Cross Country and Track & Field
 - Two-Time Big Sky Conference Champion
 - Four-Time NCAA Division I Cross Country Championships Qualifier
- Post-Collegiate:
 - 2021 Mt. SAC Cross Champs – 18th in 29:26
- 2022 Results:
 - May: USATF Outdoor Championships 10,000m – 18th in 29:10.37
 - June: Garry Bjorklund Half Marathon – 4th in 1:03:27
 - July: USATF 8K Championships – 12th in 23:41
- Notes:
 - Trains with Roots Running Project under Coach Richard Hansen, along with fellow Medtronic TC 10 Mile participants Noah Droddy (20057) and Sydney Gidabuday (Bib #20009).

Ian Butler, USA

Twitter handle: @ianbutler_rcs

Instagram username: ianbutler_rcs

Age: 31

Current Residence: Boston, Massachusetts

Sponsor/Training Group: Boulder Harriers

Bib: 20041

Personal Best 10 Mile: 48:48 (2015 Medtronic TC 10 Mile)

Additional Personal Bests

10K Road: 30:33 (2017)

15K Road: 45:21 (2022)

Half Marathon: 1:04:20 (2022)

Marathon: 2:09:45 (2020)

- Western State Colorado University:
 - Two-Time NCAA Division II All-American
- Post-Collegiate:
 - 2021 Bank of America Chicago Marathon – 17th
 - 2020 The Marathon Project – 5th
 - 2020 U.S. Olympic Marathon Team Trials – 29th
 - **2016 USATF 10 Mile Championship – 18th in 49:01 (hosted by TCM)**
 - **2015 USATF 10 Mile Championship – 16th in 48:48 (hosted by TCM)**
- 2022 Results:
 - March: USATF 15K Championships – 20th in 45:21
 - April: B.A.A. Boston Marathon – 24th in 2:14:48
 - September: Great North Run Half Marathon – 12th in 1:04:20
- Notes:
 - RACE DAY IS HIS 31ST BIRTHDAY
 - Works full-time as the City of Lakewood's Youth Programmer

Nick Randazzo, USA

Age: 23

Current Residence: Ventura, California

Sponsor/Training Group:

Bib: 20042

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 13:52.81 (2022)

10,000 meters: 28:52.01 (2022)

20K Road: 1:00:19 (2022)

- University of California – Santa Barbara
 - 2022 NCAA West Preliminary Round – 10,000m Qualifier
 - 2022 Big West Outdoor Track & Field Championships 3,000m Steeple – 1st
 - 4-Time All-Big West Conference Honoree
 - 3-Time Big West Conference Champion
- Post-Collegiate:
 - 2022 USATF 20K Championships – 9th

- 2022 Results:
 - September: USATF 20K Championships – 9th in 1:00:19

Daniel Soto, USA

Twitter handle: @d_soto11

Instagram username: d_soto11

Age: 25

Current Residence: Rochester Hills, Michigan

Sponsor/Training Group: Hansons-Brooks Original Distance Project

Bib: 20043

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 13:55.71 (2021)

10,000 meters: 28:48.18 (2021)

- University of Iowa:
 - 2021 NCAA Division I West Preliminary Round – 10,000m Qualifier
 - 2021 B1G Ten Outdoor Track & Field Championships 10,000m – 3rd
 - Four-Time All-B1G Ten Honoree
- Post-Collegiate:
 - 2021 Amyway River Bank 10K – Runner-up
 - 2021 Mt. SAC Cross Champs – 12th
 - 2021 USATF Club Cross Country Championships – 3rd
- 2022 Results:
 - January: USATF Cross Country Championships – 12th in 32:31
 - April: Mt. SAC Relays 5,000m – 16th in 14:15.51
 - September: USATF 10K Championships – 15th in 29:56

Jason Weitzel, USA

Age: 26

Current Residence: Greenville, South Carolina

Sponsor/Training Group: ASICS Greenville Track Club Elite

Bib: 20044

Personal Best 10 Mile: Debut

Additional Personal Bests

10,000 meters: 28:59.57 (2022)

15K Road: 45:49 (2022)

Half Marathon: 1:04:45 (2021)

- Concord University (WV):
 - 2021 NCAA Division II Outdoor Track & Field Championships 3,000m Steeple – 11th (All-American)

- 13-Time All-Mountain East Conference Honoree, 5-Time Champion
- All-Atlantic Region in the Mile, 3,000m Steeplechase, 5,000m and 10,000m
- Post-Collegiate:
 - First post-collegiate race was in 2022.
- 2022 Results:
 - March: USATF 15K Championships – 25th
 - September: USATF 10K Championships – 12th
 - December: USATF Half Marathon Championships – 21st

John Mastandrea, USA

Instagram username: jack_mastandrea_

Age: 23

Current Residence: Rochester Hills, Michigan

Sponsor/Training Group: Hansons-Brooks Original Distance Project

Bib: 20045

Personal Best 10 Mile: Debut

Additional Personal Bests

10,000 meters: 29:02.95 (2021)

Half Marathon: 1:06:29 (2022)

Marathon: 2:17:28 (2022)

- University of Charleston (WV):
 - Three-Time NCAA Division II All-American
 - 7-Time All-Mountain East Conference Honoree, 4-Time Champion
- Post-Collegiate:
 - 2021 GVSU Holiday Open 5K – 6th
- 2022 Results:
 - May 1: Rock ‘n’ Roll New Orleans Half Marathon – Champion in 1:04:34
 - May 29: Ottawa Marathon – 9th in 2:17:28
 - September: USATF 10K Championships – 11th in 29:37

Nadir Yusuf, USA

Twitter handle: @M_nadir_yusuf

Instagram username: m_nadir_yusuf

Age: 25

Current Residence: Willmar, Minnesota

Sponsor/Training Group:

Bib: 20046

Personal Best 10 Mile: 50:00 (2021 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 14:12.70 (2022)

10,000 meters: 29:03.05 (2022)

20K Road: 1:04:10 (2022)

- Willmar High School (MN):
 - Four-Time Qualifier to the Minnesota State High School League Track & Field Championships in Cross Country/Track & Field
- Minnesota State University – Moorhead:
 - NCAA Division II All-American in Cross Country and Outdoor Track & Field
 - Multi-Time NSIC Champion and All-NSIC Conference Honoree
- Post-Collegiate:
 - **2021 Medtronic TC 10 Mile – Runner-up in 50:00**
- 2022 Results:
 - April 14: Mt. SAC Relays 10,000m – 5th in 29:03.05
 - April 28: Drake Relays 5,000m – 6th in 14:12.70
 - September: USATF 20K Championships – 21st in 1:04:10

Andrew Colley, USA

Twitter handle: @andrew_colley

Age: 31

Current Residence: Blowing Rock, North Carolina

Sponsor/Training Group: On ZAP Endurance

Bib: 20047

Personal Best 10 Mile: 47:12 (2018 Cherry Blossom 10 Mile)

Additional Personal Bests

5,000 meters: 13:40.19 (2014)

10,000 meters: 28:26.27 (2019)

Half Marathon: 1:02:24 (2018)

Marathon: 2:12:15 (2019)

- North Carolina State University
 - Five-Time NCAA Division I All-American
 - 11-Time All-ACC Conference Performer
 - 2013 ACC Cross Country Championships – Champion
 - 2013 NCAA Division I Cross Country Championships – 7th
- Post-Collegiate::
 - 2020 Tallahassee Half Marathon – Champion
 - 2019 USATF Half Marathon Championships – 3rd
 - 2019 Grandma's Marathon – Runner-up
 - **2018 USATF 10 Mile Championships – 10th in 47:36 (hosted by TCM)**
 - 2015 Great Edinburgh Cross Country – 6th
- 2022 Results:
 - March: USATF 15K Championships – 14th in 44:57

Logan Barrett, USA

Twitter handle: @Logi_Bayer

Instagram username: logi_bayer

Age: 29

Current Residence: Jeffersonville, Indiana

Sponsor/Training Group: The Long Distance Project

Bib: 20048

Personal Best 10 Mile: 49:10 (2021 Blue Cross Broad Street 10 Mile)

Additional Personal Bests

1,500 meters: 3:49.16 (2015)

5,000 meters: 14:16.47 (2015)

Marathon: 2:19:39 (2022)

- Saint Joseph’s College:
 - Two-Time NCAA Division II All-American in Track & Field
 - Three-Time NCAA Division II Championships Qualifier
 - 2015 GLVC Outdoor Track & Field Conference Championships 1,500m – Champion
- Post-Collegiate:
 - 2021 Blue Cross Broad Street 10 Mile – 12th
 - 2021 Bluegrass 10K – 30:04
 - 2019 Papa John’s 10 Mile – 10th
 - 2018 Indianapolis Half Marathon – 17th
- 2022 Results:
 - January: Chevron Houston Marathon – 29th in 2:19:39

Alejandro Martinez Ambrosio, USA

Age: 25

Current Residence: Boulder, Colorado

Sponsor/Training Group:

Bib: 20049

Personal Best 10 Mile: 49:15 (2021 Blue Cross Broad Street 10 Mile)

Additional Personal Bests

1,500 meters: 3:46.03 (2021)

5,000 meters: 14:08.89 (2022)

Half Marathon: 1:04:41 (2021)

- California Polytechnic Pomona:
 - Multiple-Time All-CCAA Conference Honoree
 - Two-Time NCAA Division II Cross Country Championships Participant
- Post-Collegiate:
 - 2021 USATF Half Marathon Championships – 20th

- 2021 Pittsburgh Ten Miler – 4th
- 2021 Portland Track Festival 1,500m – Runner-up
- 2022 Results:
 - March: The TEN 10,000m – 19th in 30:01.65
 - May 13: APU Last Chance 5,000m – 4th in 14:08.89
 - May 14: APU Last Chance 1,500m – 10th in 3:46.95
 - July: USATF 8K Championships – 13th in 24:03

Thomas Madden, USA

Twitter handle: @tmadd3n

Instagram username: tmadd3n

Age: 27

Current Residence: Davis, California

Sponsor/Training Group: Sacramento Running Association (SRA) Elite

Bib: 20050

Personal Best 10 Mile: 48:49 (2022 Credit Union SacTown 10 Mile)

Additional Personal Bests

5,000 meters: 13:53.65 (2020)

10,000 meters: 29:54.91 (2014)

- University of California – Davis:
 - 2017 Big West Conference Cross Country Championships – Champion
- University of Virginia:
 - Competed in cross country and track & field
- Post-Collegiate:
 - 2021 Run to Feed the Hungry 10K – 3rd in 31:41
 - 2020 The Track Meet 5,000m – 9th
 - 2019 Stumptown Twilight 5,000m – 4th
- 2022 Results:
 - April 3: Credit Union SacTown 10 Mile – 6th in 48:49
 - April 14: Bryan Clay Invitational 5,000m – 31st in 14:54.71
- Notes:
 - Biomechanics PhD student at Montana State University

Johnny Rutford, USA

Twitter handle: @JohnnyRutford

Instagram username: johnny_rutford

Age: 31

Current Residence: Beaverton, Oregon

Sponsor/Training Group:

Bib: 20051

Personal Best 10 Mile: 49:07 (2019 Medtronic Twin Cities Marathon)

Additional Personal Bests

5,000 meters: 14:35.08 (2021)

10,000 meters: 30:48.09 (2017)

Half Marathon: 1:05:27 (2020)

Marathon: 2:17:59 (2018)

- Nebraska Wesleyan University:
 - Two-Time NCAA Division III Cross Country Championships Qualifier (2013, 2012)
 - Four-Time GPAC Conference Champion
- Post-Collegiate:
 - 2021 Portland Track Festival 3,000m – 3rd
 - 2020 U.S. Olympic Marathon Team Trials – 149th
 - **2019 USATF 10 Mile Championships – 24th in 49:07 (hosted by TCM)**
 - 2018 USATF Marathon Championships – 37th
 - **2017 USATF 10 Mile Championships – 38th in 52:18 (hosted by TCM)**
 - 2016 Lincoln Half Marathon – 3rd
- 2022 Results:
 - January: Chevron Houston Marathon – 25th in 2:19:28
 - April: Credit Union SacTown 10 Mile – 8th in 49:54
- Notes:
 - External Reporting at Nike
 - His marriage proposal to his wife has over 2 million views on YouTube... [HERE](#)

Matt Wilkinson, USA

Instagram username: silkywilky123

Age: 23

Current Residence: Minneapolis, Minnesota

Sponsor/Training Group: University of Minnesota (NCAA)

Bib: 20052

Personal Best 10 Mile: Debut

Additional Personal Bests

1,500 meters: 3:44.68 (2022)

3,000 meter Steeplechase: 8:25.03 (2022)

5,000 meters: 13:35.45 (2022)

- Minnetonka High School (MN):
 - 2016 Minnesota State High School League Cross Country Championship – 7th
 - Coached by Jeff Renlund, former U of MN and St. Thomas athlete, as well as Steve Hoag who was involved with the initial creation of Twin Cities Marathon, via the blending of City of Lakes Marathon and St. Paul Marathon, and was also Runner-up place at the 1975 Boston Marathon.

- Carleton College:
 - 2021 NCAA Division III Outdoor Track & Field Championships 3,000m Steeple – Champion
 - 2021 NCAA Division III Outdoor Track & Field Championships 5,000m – Champion
 - 2019 NCAA Division III Cross Country Championships – Runner-up
 - Eight-Time NCAA Division III All-American
- University of Minnesota:
 - Graduate student at the University of Minnesota – Twin Cities where he is using his remaining NCAA eligibility. He does not have cross country eligibility for fall of 2022, but he will be back racing in the NCAA for the Golden Gophers in the spring of 2023.
 - 2022 USATF Indoor Championships 3,000m – 10th
 - 2022 B1G Ten Outdoor Track & Field Championships 3,000m Steeplechase – Runner-up
 - 2022 NCAA West Regional Track & Field Championship 3,000m Steeple – Champion
 - 2022 NCAA Division I Outdoor Track & Field Championships 3000m Steeple – 8th (All-American)
 - 2022 USATF Outdoor Championships 3,000m Steeple – 10th
- Notes:
 - In graduate school for Epidemiology
 - Captain of the Gopher Cross Country team this fall

Calvin Lehn, USA

Twitter handle: @calvinlehn1

Instagram username: calvanian93

Age: 28

Current Residence: Boulder, Colorado

Sponsor/Training Group: Fort Collins Running Club

Bib: 20054

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

Additional Personal Bests

10K Road: 30:52 (2019)

Half Marathon: 1:07:00 (2020)

- Rosemount High School (MN):
 - Two-Time Minnesota State Cross Country Championships Qualifier (2010, 2011)
- St. Olaf College:
 - 2015 NCAA Division III Cross Country Championships – 34th (All-American)
 - Member of 2013 NCAA Division III Cross Country National Championship Team, as well as 2014 National Runner-Up Team
 - Seven-Time All-MIAC Conference

- Post-Collegiate:
 - **2021 Medtronic TC 10 Mile – 7th in 51:47**
 - **2019 Medtronic TC 10 Mile – 5th in 50:49**
 - 2019 Garry Bjorklund Half Marathon – 39th
 - **2018 Medtronic TC 10 Mile – Champion in 51:34 (non-USATF wave)**
 - **2017 USATF 10 Mile Championships – 39th in 52:47 (hosted by TCM)**
- 2022 Results:
 - June: Garry Bjorklund Half Marathon – 85th in 1:15:45

Parker Stinson , USA

Twitter handle: @parkerstinson

Instagram username: _parker_stinson_

Age: 30

Residence: Portland, Oregon

Sponsor/Training Group: Saucony / Roots Running Project

Bib: 20055

Personal Best 10 Mile: 47:52 (2015 Medtronic TC 10 Mile)

Additional Personal Bests

10,000 meters: 27:54.98 (2015)

Half Marathon: 1:02:11 (2019)

Marathon: 2:10:53 (2019)

- University of Oregon:
 - First U.S. male to win three straight USATF Junior Track and Field Championship 10,000m titles
 - Nine-Time NCAA Division I All-American
 - 2015 NCAA Division I Outdoor Track & Field Championship 5,000m – 3rd
 - 2014 NCAA Division I Outdoor Track & Field Championship 5,000m – 3rd
 - Member of three NCAA Championship Teams
- Post-Collegiate:
 - 2019 USATF 25K Championships – Champion in 1:13:48 (American 25K Record)
 - 2019 Bank of America Chicago Marathon – 11th in 2:10:53
 - 2018 USATF Half Marathon Championships – Runner-up
 - **2015 USATF 10 Mile Championships – 11th in 47:52 (hosted by TCM)**
- 2022 Results:
 - March: USATF 15K Championships – 15th in 45:04
 - May: USATF 25K Championships – 8th in 1:19:21
 - June: Grandma’s Marathon – 8th in 2:12:58
- Notes:
 - Coached Richard Hansen
 - Was briefly on Minnesota Distance Elite after graduating from Oregon

Isaac Updike, USA

Twitter handle: @IsaacUpdike

Instagram username: Isaac_updike

Age: 30

Current Residence: Seattle, Washington

Sponsor/Training Group: Nike

Bib: 20056

Personal Best 10 Mile: Debut

Additional Personal Bests

One Mile: 3:58.26 (2021)

3,000 meter Steeplechase: 8:17.74 (2021)

5,000 meters: 13:48.90 (2018)

- Eastern Oregon University:
 - 2015 NAIA Outdoor Track & Field Championships 3,000m Steeple – Runner-up
 - 2013 NAIA Outdoor Track & Field Championships 3,000m Steeple – Champion
 - 10-Time NAIA All-American
- Post-Collegiate:
 - 2021 U.S. Olympic Track & Field Team Trials 3,000m Steeple – 5th
 - 2021 USATF Grand Prix 3,000m Steeple – Champion
 - 2016 U.S. Olympic Track & Field Team Trials 3,000m Steeple – 12th
- 2022 Results
 - April: Penn Relays 3,000m Steeple – Champion in 8:22.96
 - May 14: Princeton Elite Invitational 2,000m Steeple – Champion in 5:25.01
 - May: 20: Track Night NYC 3,000m Steeple – 3rd in 8:27.88
- Notes:
 - Did not run track in high school, only played soccer.

Noah Droddy, USA

Twitter handle: @IBuiltTheArk

Instagram username: @noah_droddy

Age: 32

Current Residence: Boulder, Colorado

Sponsor/Training Group: Salomon / Roots Running Project

Bib: 20057

Personal Best 10 Mile: 47:28 (2016 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 13:47.93 (2017)

Half Marathon: 1:01:48 (2017)

Marathon: 2:09:09 (2020)

- DePauw College:
 - Two-Time NCAA Division III Cross Country All-American (2011, 2012)
- Post-Collegiate:
 - 2020 The Marathon Project – Runner-up
 - 2019 Bank of America Chicago Marathon – 17th
 - 2018 Payton Jordan Invitational 10,000m – 6th
 - **2016 USATF 10 Mile Championships – Runner-up (hosted by TCM)**
- 2022 Results
 - May 7: USATF Half Marathon Championships – 6th in 1:03:51
 - May 21: RBC Brooklyn Half Marathon – 4th in 1:05:25
 - August: TD Beach to Beacon 10K – 9th in 30:23
- Notes:
 - Well-known for his long hair and beard
 - Runs a very successful podcast called D3 Glory Days – anything and everything about NCAA Division III cross country and track & field coverage



**Women's 10 Mile
2022 Prize Money Breakdown**

USATF Women's Championship

1st	\$12,000
2nd	10,000
3rd	\$7,000
4th	\$4,000
5th	\$2,500
6th	\$1,500
7th	\$1,250
8th	\$1,000
9th	\$750
10th	\$500

USATF Equalizer Bonus

\$10,000

Open Women

1st	\$500
2nd	\$400
3rd	\$300
4th	\$250
5th	\$200
6th	\$150

Non-Binary

1st	\$500
2nd	\$250
3rd	\$100

Minnesota Masters

1st	\$500
2nd	\$250
3rd	\$100

Medtronic TC 10 Mile: Women

Nell Rojas, USA

Twitter handle: @nellrojas

Instagram username: nell_rojas_running

Age: 34

Current Residence: Boulder, Colorado

Sponsor/Training Group: Waterfall Racing

Bib: 20101

Personal Best 10 Mile: 52:13 (2021 Credit Union Cherry Blossom Ten Mile)

Additional Personal Bests

5,000 meters: 15:37.05 (2021)

Half Marathon: 1:09:42 (2022)

Marathon: 2:25:57 (2022)

- Northern Arizona University:
 - Three-Time Big Sky 3,000 meter Steeplechase Champion
 - Multiple-Time All-Big Sky Conference and All-Mountain Region honoree
- Post-Collegiate:
 - Defending Champion – 2021 USATF 10 Mile Championships – Champion
 - Competed as Professional Triathlete from 2010-2015 until making marathon debut at 2018 California International Marathon, placing 7th in 2:31:22.
 - 2020 U.S. Olympic Marathon Team Trials – 9th
 - 2019 Grandma's Marathon – Champion
- 2022 Results:
 - January: Aramco Houston Half Marathon – 9th 1:09:42
 - March: USATF 15K Championships – 5th in 49:58
 - April: B.A.A. Boston Marathon – 10th in 2:25:57
 - September: USATF 20K Championships – 3rd in 1:07:02
- Notes:
 - Coached by her father, Ric Rojas, who was a top U.S. distance runner himself, winning many U.S. road races and setting the 15K world record in 1981. Ric would also go on to win the first BolderBoulder 10K road race in Boulder, Colorado in 1979, forty years before Nell would also win it in 2019.

Annie Frisbie, USA

Twitter handle: @frisbie1235

Instagram username: anniefrisb3

Age: 25

Current Residence: Hopkins, Minnesota

Sponsor/Training Group: PUMA / Minnesota Distance Elite

Bib: 20102

Personal Best 10 Mile: 52:26 (2021 Credit Union Cherry Blossom Ten Mile)

Additional Personal Bests

5K Road: 15:57 (2022)

Half Marathon: 1:10:14 (2022)

Marathon: 2:26:18 (2021)

- Iowa State University:
 - Multi-Time All-Big 12 Performer in Cross Country and Track & Field
- Post-Collegiate:
 - 2021 USATF 10 Mile Championships – 3rd
 - 2021 TCS New York City Marathon – 7th in 2:26:18
 - Fourth fastest debut ever for a U.S. woman, and fourth fastest ever for a U.S. woman on the NYC course.
 - **2019 USATF 10 Mile Championships – 5th in 54:00 (hosted by TCM)**
- 2022 Results:
 - January: Aramco Houston Half Marathon – 10th in 1:10:27
 - March: USATF 15K Championships – 6th in 50:14
 - July: AJC Peachtree Road Race 10K – 10th in 32:23
 - September: USATF 20K Championships – 4th in 1:07:17
- Notes:
 - Entered to run the TCS New York City Marathon again this fall

Amy Davis, USA

Twitter handle:

Instagram username: ames_2153

Age: 25

Current Residence: Rochester Hills, Michigan

Sponsor/Training Group: Hansons-Brooks Original Distance Project

Bib: 20104

Personal Best 10 Mile: 54:23 (2021 Credit Union Cherry Blossom 10 Mile)

Additional Personal Bests

5,000 meters: 15:38.82 (2022)

10,000 meters: 32:05.78 (2022)

- University of Wisconsin – Madison:
 - Three-Time NCAA Division I All-American
 - 2019 NCAA Division I Outdoor Track & Field Championships 10,000m – 8th
- Post-Collegiate:
 - 2021 Credit Union Cherry Blossom 10 Mile – 10th
 - 2021 USATF 5K Championships 7 – 7th
 - 2021 U.S. Olympic Track & Field Team Trials 10,000m – 35th

- 2022 Results:
 - January: USATF Cross Country Championships – 14th in 38:02
 - March: The TEN 10,000m – 16th in 32:05.78
 - April: Mt. SAC Relays 5,000m – 14th in 15:38.82
 - August: Beach to Beacon 10K – 4th in 32:53
 - September 5: USATF 20K Championships – 13th in 1:09:36
 - September 17: USATF 10K Championships – 6th in 32:53

Bria Wetsch, USA

Twitter handle: @BAwetsch

Instagram username: briawetsch

Age: 34

Current Residence: Centennial, Colorado

Sponsor/Training Group:

Bib: 20105

Personal Best 10 Mile: 54:14 (2019 Medtronic TC 10 Mile)

Additional Personal Bests

10,000 meters: 33:26.12 (2021)

Half Marathon: 1:10:49 (2022)

Marathon: 2:29:50 (2020)

- Holy Family Catholic High School (MN):
 - 2006 Nike High School Outdoor Track & Field Nationals – Champion in 10:10.50 (#2 time in country in 2006)
 - 2004, 2005, 2006 Minnesota State High School League (MSHSL) Track & Field Championships 3200m – Champion
 - 2006 MSHSL Track & Field Championships 1600m – Champion
 - 2005 Foot Locker National High School Cross Country Championships – 8th
 - 2005 Minnesota State High School League (MSHSL) Cross Country Championships – Champion place, setting the 4k course record of 13:54.7
- University of Oregon:
 - Participated in Cross Country and Track & Field, but struggled with injuries.
- Post-Collegiate:
 - 2021 Bank of America Chicago Marathon – 14th
 - 2020 The Marathon Project – 10th in 2:29:50
 - 2020 U.S. Olympic Marathon Team Trials – 27th
 - **2019 USATF 10 Mile Championships – 6th in 54:14 (hosted by TCM)**
 - **2015 USATF 10 Mile Championships – 36th in 1:01:52 (hosted by TCM)**
 - **2012 Medtronic Twin Cities Marathon – 14th in 2:44:45**
 - **2010 USATF 10 Mile Championships – 19th in 1:00:23 (hosted by TCM)**
- 2022 Results:
 - January: Aramco Houston Half Marathon – 13th in 1:10:49
 - April: B.A.A Boston Marathon – 15th in 2:30:42

- September: Philadelphia Distance Run Half Marathon – 9th in 1:13:22
- Notes:
 - Immediately following college, Bria had accepted a full-time job and stepped away from the sport, only to return shortly after at the 2012 MTCM.

Dakotah Lindwurm, USA

Twitter handle: @dakotahbullen

Instagram username: dakotahlindwurm

Age: 27

Current Residence: Hopkins, Minnesota

Sponsor/Training Group: PUMA / Minnesota Distance Elite

Bib: 20106

Personal Best 10 Mile: 59:19 (2018 Medtronic TC 10 Mile)

Additional Personal Bests

5K Road: 16:10 (2020)

Half Marathon: 1:09:36 (2022)

Marathon: 2:25:01 (2022)

- St. Francis High School (MN):
 - Competed in cross country and track & field, and was also the goaltender on the girls hockey team
- Northern State University:
 - Two-Time NCAA Division II All-American in cross country and track & field
- Post-Collegiate:
 - 2021 Grandma’s Marathon – Champion
 - 2021 USATF Half Marathon Championships – 3rd
 - 2021 B.A.A. Boston Marathon – 13th
 - 2020 U.S. Olympic Marathon Team Trials – 36th
 - **2019 Medtronic Twin Cities Marathon – Runner-up**
- 2022 Results:
 - January: Aramco Houston Half Marathon – 8th in 1:09:36
 - April: B.A.A. Boston Marathon – 14th in 2:29:55
 - June: Grandma’s Marathon – Champion in 2:25:01
 - September: USATF 20K Championships – 9th in 1:08:29
- Notes:
 - Planning to run the TCS New York City Marathon this fall, alongside Minnesota Distance Elite teammate Annie Frisbie (Bib #20102)

Emily Durgin, USA

Twitter handle: @emily_durgin

Instagram username: em_durgin

Age: 28

Current Residence: Flagstaff, Arizona
Sponsor/Training Group: adidas / Gold Coast Track Club
Bib: 20107
Personal Best 10 Mile: 54:03 (2020 Up Dawg Ten-Miler)

Additional Personal Bests

5,000 meters: 15:24.19 (2021)
10,000 meters: 31:33.83 (2022)
Half Marathon: 1:07:54 (2022)

- University of Connecticut:
 - Nine-Time American Athletic Conference Champion
 - 2014 NCAA Division I Cross Country Championships – 115th
- Post-Collegiate:
 - 2021 USATF 15K Championships – 3rd
 - 2021 U.S. Olympic Track & Field Team Trials 10,000m – 9th
 - 2021 USATF 20K Championships – 3rd
 - 2021 USATF 10K Championships – Runner-up
 - 2020 Sprouts Mesa Half Marathon – Champion
- 2022 Results:
 - January: USATF Cross Country Championships – 4th in 34:50
 - January: Aramco Houston Half Marathon – 6th in 1:07:54
 - March: USATF 15K Championships – Runner-up
 - May: USATF 10,000m Championships – 11th
 - August: Beach to Beacon 10K – Runner-up
- Notes:
 - Planning to race the TCS New York City Marathon in November

Ednah Kurgat, USA

Instagram username: ednah_kurgat
Age: 31
Current Residence: Colorado Springs, Colorado
Sponsor/Training Group: U.S. Army World Class Athlete Program
Bib: 20108
Personal Best 10 Mile: Debut

Additional Personal Bests

3,000 meters: 9:03.81 (2018)
5,000 meters: 15:16.14 (2022)
10,000 meters: 31:21.65 (2021)

- University of New Mexico:
 - 2017 NCAA Division I Cross Country Championships – Champion
 - Nine-Time NCAA Division I All-American

- Three-Time Mountain West Conference Champion, Nine-Time All-Conference
- Post-Collegiate:
 - 2021 USATF Grand Prix 5,000m – 4th
 - 2021 U.S. Olympic Track & Field Team Trials 10,000m – 11th
 - 2021 Flanigan’s Rockin’ Rib 10K – 3rd
- 2022 Results:
 - March: The TEN 10,000m – 10th in 31:32.25
 - May: USATF 10,000m Championships – 16th in 32:01.67
 - July: AJC Peachtree Road Race – 12th in 32:34
 - September: USATF 10K Championships – 4th in 32:04
- Notes:
 - Did not start running competitively under after she graduated from high school in Kenya
 - Currently serves in the U.S. Army as a member of the World Class Athlete Program and a Tactical Power Generation Specialist, after enlisting in May 2020

Annie Rodenfels, USA

Twitter handle: @Annie_Rodenfels

Instagram username: andrearodenfels

Age: 26

Current Residence: Roslindale, Massachusetts

Sponsor/Training Group: Team B.A.A. High Performance

Bib: 20109

Personal Best 10 Mile: Debut

Additional Personal Bests

One Mile: 4:32.65 (2022)

3,000m Steeplechase: 9:25.48 (2022)

5,000 meters: 15:35.18 (2020)

- Centre College (Kentucky):
 - Three-Time NCAA Division III National Champion
 - Seven-Time NCAA Division III All-American
- Post-Collegiate:
 - 2021 U.S. Olympic Track & Field Team Trials 3,000m Steeple – Participant
 - 2020 Music City Distance Carnival 5,000m – 5th
 - 2019 VCU Health Richmond Half Marathon – 5th
- 2022 Results:
 - February 6: New Balance Indoor Grand Prix 3,000m – 7th in 8:46.07
 - February 11: Boston University Valentine Invitational Mile – 10th in 4:32.65
 - February 27: USATF Indoor Championships 3,000m – 7th in 8:54.54
 - April: Payton Jordan Invitational 3,000m Steeple – Champion in 9:25.48
 - June: USATF Outdoor Championships 3,000m Steeple – 6th in 9:36.45

- Notes:
 - o Fun fact: when Annie got her wisdom teeth out, the doctors – surprisingly – found five teeth instead of the usual four

Molly Grabill, USA

Twitter handle: @MollyJo_Grabill

Instagram username: mollyjgrabill

Age: 30

Current Residence: Superior, Colorado

Sponsor/Training Group: Rise Athletics Boulder

Bib: 20110

Personal Best 10 Mile: 55:49 (2019 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 15:22.97 (2022)

10,000 meters: 31:49.01 (2022)

Half Marathon: 1:11:45 (2020)

Marathon: 2:29:17 (2021)

- University of Oregon:
 - o 5-Time NCAA Division I All-American
- Post-Collegiate:
 - o 2020 Aramco Houston Half Marathon – 36th
 - o 2019 Grandma’s Marathon – 6th
 - o 2018 USATF Half Marathon Championships – 13th
- 2022 Results:
 - o April: Stanford Invitational 5,000m – Champion in 15:22.97
 - o May: USATF 10,000m Championships – 10th in 31:49.01
 - o September 5: USATF 20K Championships – 14th in 1:09:45
 - o September 17: USATF 10K Championships – 7th in 32:55
- Notes:
 - o Was hospitalized in 2012 after a rock was thrown from an overpass through her car windshield – “Do the things you love, because we aren’t guaranteed anything”

Tristin Van Ord, USA

Twitter handle: @tristinvanord

Instagram username: tristinvanord

Age: 27

Current Residence: Blowing Rock, North Carolina

Sponsor/Training Group: On ZAP Endurance

Bib: 20112

Personal Best 10 Mile: 57:01 (2019 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 15:45.03 (2022)

Half Marathon: 1:12:31 (2022)

Marathon: 2:29:32 (2022)

- Appalachian State University:
 - Multi-Time All-Sun Belt Conference Honoree
- Post-Collegiate:
 - 2021 Grandma's Marathon – 3rd
 - 2020 U.S. Olympic Marathon Team Trials – 52nd
 - **2019 USATF 10 Mile Championships – 23rd in 57:01 (hosted by TCM)**
- 2022 Results:
 - January: Aramco Houston Half Marathon – 18th in 1:12:31
 - April: NN Rotterdam Marathon – 5th in 2:29:32
 - September: USATF 20K Championships – 8th in 1:08:20

Anne Marie Blaney, USA

Twitter handle: @annemarieblaney

Instagram username: amblaney

Age: 29

Current Residence: Rochester Hills, Michigan

Sponsor/Training Group: Hansons-Brooks Original Distance Project

Bib: 20113

Personal Best 10 Mile: 54:50 (2018 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 15:37.74 (2021)

10,000 meters: 32:03.79 (2021)

Half Marathon: 1:16:23 (2022)

Marathon: 2:34:38 (2022)

- University of Central Florida:
 - 7-Time American Athletic Conference Champion
 - Two-Time NCAA All-American Honors
 - At the time of graduation, held 16 UCF school records
- Post-Collegiate:
 - 2021 Bank of America Chicago Marathon – 18th
 - 2019 World Cross Country Championships – 51st
 - **2018 USATF 10 Mile Championships – 6th in 54:50 (hosted by TCM)**
 - 2018 Great Edinburgh XC Championships – 19th
- 2022 Results:
 - May 1: Pittsburgh Half Marathon – 7th in 1:16:23
 - May 29: Ottawa International Marathon – 4th in 2:34:38

- September: USATF 10K Championships – 10th in 33:22

Lauren Paquette, USA

Twitter handle: @HotPaquettes

Instagram username: haagendazs_86

Age: 36

Current Residence: Flagstaff, Arizona

Sponsor/Training Group: HOKA ONE ONE Northern Arizona Elite (NAZ Elite)

Bib: 20114

Personal Best 10 Mile: Debut

Additional Personal Bests

1,500 meters: 4:09.86 (2009)

5,000 meters: 15:10.01 (2020)

10,000 meters: 31:53.72 (2020)

Half Marathon: 1:09:46 (2021)

- Baylor University:
 - 2009 NCAA Division I Outdoor Track & Field Championships 1,500m – 7th
 - 2009 Big 12 Outdoor Track & Field Championships 800m – Champion
 - 2008 NCAA Division I Cross Country Championships – 35th
- Post-Collegiate:
 - 2021 USATF Half Marathon Championships – 4th
 - 2021 USATF 5K Championships – 5th
 - 2018 Prefontaine Classic 5,000m – 10th
 - 2019 Pan American Games 5,000m – 6th
 - 2018 NACAC Championships 5,000m – Runner-up
 - 2016 U.S. Olympic Track & Field Trials 5,000m – Qualifier
- 2022 Results:
 - February: Lilac Grand Prix 5,000m – DNF
- Notes:
 - Focused on the 800m and 1500m until 2016

Sarah Pagano, USA

Twitter handle: @srpagano

Instagram username: srpagano

Age: 31

Current Residence: San Diego, California

Sponsor/Training Group: adidas / Gold Coast Track Club

Bib: 20116

Personal Best 10 Mile: 52:46 (2022 Credit Union Cherry Blossom 10 Mile)

Additional Personal Bests

3,000 meters: 8:56.52 (2018)

5,000 meters: 15:11.27 (2018)
10K Road: 32:22 (2022)
Half Marathon: 1:09:41 (2021)
Marathon: 2:33:11 (2021)

- Syracuse University:
 - Three-Time NCAA Championships Qualifier – once in cross country, twice in track & field
 - 2014 NCAA Division I Outdoor Track & Field Championships 10,000m – 7th (All-American)
 - 2012 ACC Outdoor Track & Field Championships 10,000m – Champion
 - Multiple-Time All-ACC Honoree
- Post-Collegiate:
 - 2021 Bank of America Chicago Marathon – 8th
 - 2019 Pan American Games 10,000m – 6th
 - 2018 USATF Outdoor Championships 10,000m – 5th
 - 2017 IAAF World Cross Country Championships – 30th
 - 2016 Big Sur Half Marathon – Champion
- 2022 Results:
 - March 5: USATF 15K Championships – 4th in 49:51
 - March 20: United Airlines NYC Half Marathon – 13th 1:10:57
 - April: Credit Union Cherry Blossom 10 Mile – 4th in 52:46
 - May: USATF 25K Championships – 4th in 1:27:54
 - September: USATF 20K Championships – 6th in 1:07:49
- Notes:
 - Nickname is “Spags”

Emma Grace Hurley, USA

Twitter handle: @emmagracehurley

Instagram username: emmagracehurley

Age: 25

Current Residence: Atlanta, Georgia

Sponsor/Training Group: Atlanta Track Club Elite

Bib: 20117

Personal Best 10 Mile: Debut

Additional Personal Bests

1,500 meters: 4:18.32 (2022)

5,000 meters: 15:42.94 (2022)

10K Road: 33:27 (2022)

- Furman University:
 - 2020 Southern Conference Distance Medley Relay – Champion
 - 2018 NCAA East Preliminary Round Qualifier – 3,000m Steeplechase

- Furman University school record holder in the DMR, 4x800m relay, and indoor 3,000m
- Helped the Furman women finish 7th at the 2017 NCAA Division I Cross Country Championships as a team
- Post-Collegiate:
 - Debuted post-collegiately in 2022.
- 2022 Results:
 - February: American Track League Louisville 3,000m – Champion in 9:08.95
 - April 16: B.A.A. 5K – 11th in 15:49
 - April 22: Georgia Tech Invitational 1,500m – 3rd in 4:18.32
 - July: AJC Peachtree Road Race – 14th in 33:27
 - September: USATF 10K Championships – 5th in 32:50
- Notes:
 - Works as an HR Business Partner at Banyan Hills Technologies

Elaina Tabb, USA

Twitter handle: @ElainaTabb

Instagram username: elainatabb

Age: 30

Current Residence: Boston, Massachusetts

Sponsor/Training Group: Team B.A.A. High Performance

Bib: 20119

Personal Best 10 Mile: 54:23 (2022 Credit Union Cherry Blossom 10 Mile)

Additional Personal Bests

5,000 meters: 15:27.89 (2020)

Half Marathon: 1:10:44 (2019)

Marathon: 2:30:33 (2021)

- University of William & Mary:
 - Participated in cross country and track & field
- Post-Collegiate:
 - 2021 Boston Marathon – 12th
 - 2018 World Half Marathon Championships – 64th
 - 2017 World Cross Country Championships – 47th
 - 2015 World Cross Country Championships – 64th
- 2022 Results:
 - April 2: Credit Union Cherry Blossom 10 Mile – 9th in 54:23
 - April 18: B.A.A. Boston Marathon – 16th
 - September: USATF 20K Championships – 7th in 1:07:57

Katja Goldring, USA

Twitter handle: @robbyweah

Instagram username: robbyweah

Age: 32

Current Residence: Los Angeles, California

Sponsor/Training Group: Team Run Flagstaff

Bib: 20120

Personal Best 10 Mile: 54:11 (2022 Credit Union Cherry Blossom 10 Mile)

Additional Personal Bests

5,000 meters: 15:42.5 (2016)

10,000 meters: 32:56.28 (2022)

Half Marathon: 1:14:06 (2021)

Marathon: 2:30:14 (2021)

- University of California – Los Angeles:
 - Competed in cross country and track & field
- Post-Collegiate:
 - 2021 Grandma’s Marathon – Runner-up
 - 2019 California International Marathon – 5th
 - **2019 USATF 10 Mile Championships – 28th in 57:47 (hosted by TCM)**
 - 2016 U.S. Olympic Marathon Team Trials – 9th
 - **2016 USATF 10 Mile Championships – 14th in 56:10 (hosted by TCM)**
- 2022 Results:
 - April: Credit Union Cherry Blossom 10 Mile – 7th in 54:11
 - May: Ottawa International Marathon – 3rd in 2:33:58
 - September: USATF 20K Championships – 17th in 1:10:23
- Notes:
 - Originally born in Israel

Jessa Hanson, USA

Instagram username: jessa.hanson

Age: 23

Current Residence: Flagstaff, Arizona

Sponsor/Training Group:

Bib: 20121

Personal Best 10 Mile: Debut

Additional Personal Bests

3,000 meters: 9:53.04 (2018)

5,000 meters: 16:06.73 (2021)

10,000 meters: 32:47.00 (2020)

- Willmar High School (MN):
 - 2017 Minnesota State Track & Field Class AA Championships 1600m – 6th
 - 2016 Nike Cross Nationals – 66th and Willmar placed 5th as a team
 - 2016 Nike Cross Heartland Regional – 10th

- 2016 Minnesota State Cross Country Class AA Championships – 7th
- 2015 Minnesota State Cross Country Class AA Championships – 13th
- 2014 Minnesota State Cross Country Class AA Championships – 24th
- Northern Arizona University:
 - 2022 NCAA Division I Outdoor Track & Field Championships 10,000m – 11th
 - 2021 NCAA Division I Outdoor Track & Field Championships 10,000m – 11th
 - Two-Time NCAA Division I All-American
 - Multi-Time All-Big Sky Conference Honoree
- Post-Collegiate:
 - 2022 Green Lake Run (12 Mile - Spicer, MN) – Champion
- 2022 Results:
 - February: Big Sky Indoor Track & Field Championships 5,000m – 3rd in 16:47.34
 - May: Big Sky Outdoor Track & Field Championships 5,000m – Runner-up in 16:41.93
 - June: 2022 NCAA Division I Outdoor Track & Field Championships 10,000m – 11th in 33:35.74
 - July: Green Lake Run (12 Mile) – Champion in 1:10:19

Gabriella “Gabi” Rooker, USA

Twitter handle: @GabiHRooker

Instagram username: @gabirooker

Age: 34

Current Residence: Minneapolis, Minnesota

Sponsor/Training Group: Mill City Running

Bib: 20122

Personal Best 10 Mile: 1:02:18 (2019 Medtronic TC 10 Mile)

Additional Personal Bests

Marathon: 2:34:59 (2022 Grandma’s Marathon)

- University of Wisconsin-La Crosse:
 - Did not compete in cross country or track & field, but rather competed in gymnastics and won three NCAA Division III individual national titles and was a part of three team national titles.
- Post-Collegiate:
 - 2021 Grandma’s Marathon – 26th
 - **2019 Medtronic TC 10 Mile – 9th in 1:02:06**
 - 2019 Brian Kraft 5K – 17th in 18:22
 - **2018 Medtronic TC 10 Mile – 26th in 1:06:02**
 - **2015 Medtronic TC 10 Mile – 89th in 1:10:59**
- 2022 Results:
 - 2022 Grandma’s Marathon – 10th in 2:34:57

- Notes:
 - Only started running consistently four or five years ago, after some success at the 2018 Medtronic TC 10 Mile. After that race, her husband, a former collegiate track & field athlete, began coaching her. Gabi grew up as a very serious and competitive gymnastics athlete. After injuries prevented her from continuing in gymnastics, she went out for track & field and competed in the 100m, 200m and 400m in high school. She ended up returning to gymnastics in college (as noted above), but picked up running later in life and has gone on to qualify for the 2024 U.S. Olympic Marathon Team Trials. More in-depth story [HERE](#).

Hiruni Wijyaratne, SRI

Twitter handle: @Hiruni_W

Instagram username: hiruni_w

Age: 31

Current Residence: Broomfield, Colorado

Sponsor/Training Group: Tracksmith Running

Bib: 20123

Personal Best 10 Mile: 1:01:16 (SacTown 10 Mile)

Additional Personal Bests

5,000 meters: 16:17.24 (2022)

10K Road: 33:32 (2019)

Half Marathon: 1:14:28 (2019) *Sri Lanka National Record

Marathon: 2:34:10 (2019) *Sri Lanka National Record

- University of Kentucky:
 - Participated in cross country and track & field
- Post-Collegiate:
 - 2021 California International Marathon – 10th
 - 2019 Metro Group Düsseldorf Marathon (Germany) – Runner-up
 - 2018 Commonwealth Games Marathon – 11th
 - 2018 Houston Marathon – 8th
 - 2015, 2017, 2019 World Athletics Championships Qualifier – Marathon
- 2022 Results:
 - March: United Airlines NYC Half Marathon – Champion in 1:16:14
 - April: Mt. SAC Relays 5,000m – 9th in 16:17.24
- Notes:
 - Dual-citizen with Sri Lanka and the U.S.

Elena Hayday, USA

Instagram username: elena_hayday

Age: 22

Current Residence: Bloomington, Minnesota

Sponsor/Training Group:

Bib: 20124

Personal Best 10 Mile: 54:32 (2022 Credit Union Cherry Blossom 10 Mile)

Additional Personal Bests

5,000 meters: 17:10.45 (2021)

Half Marathon: 1:13:02 (2022)

Marathon: 2:54:13 (2022 Medtronic Twin Cities Marathon)

- Bloomington Jefferson High School (MN):
 - Participate in cross country, track & field and volleyball
 - All-Conference and All-Section Honoree in cross country and track & field
 - Part of Bloomington Jefferson's Minnesota Class AA State Champion 4x400m relay team
- University of Minnesota – Twin Cities:
 - Competed for the Gophers for a brief period of time before moving on to focus on road running
 - 2021 Husker Triangular 5,000m – 4th
 - 2019 Jack's Run 6k – 5th
- Post-Collegiate:
 - **2021 Medtronic Twin Cities Marathon – 5th in 2:54:14**
 - 2021 USATF Half Marathon Championships – 26th
- 2022 Results:
 - March: Newport News One City Half Marathon – Champion in 1:14:07
 - April: Credit Union Cherry Blossom 10 Mile – 10th in 54:32
 - June: Garry Bjorklund Half Marathon – Runner-up in 1:13:02
 - September: USATF 20K Championships -- DNF

Laura Paulsen, USA

Twitter handle: @theLauraPaulsen

Age: 33

Current Residence: Nashville, Tennessee

Bib: 20125

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: 2:36:19 (2022)

- Johns Hopkins University:
 - Four-Time NCAA Division III All-American
 - Two-Time Mideast Runner of the Year
- Post-Collegiate:
 - 2021 B.A.A. Boston Marathon (Mass Race) – 3rd

- 2020 Walt Disney World Half Marathon – Champion
- 2020 U.S. Olympic Marathon Team Trials – 235th
- **2018 USATF 10 Mile Championships – 28th in 59:29 (hosted by TCM)**
- **2017 USATF 10 Mile Championships – 20th in 1:00:32 (hosted by TCM)**
- 2022 Results:
 - January: Chevron Houston Marathon – 16th in 2:36:19
 - April: Rock ‘n’ Roll Nashville Half Marathon – 4th in 1:21:03
 - June: Music City Track Carnival 5,000m – 6th in 16:48.93

Kimberly Horner, USA

Instagram username: signed.rae

Age: 34

Current Residence: Minneapolis, Minnesota

Sponsor/Training Group: Mill City Running

Bib: 20126

Personal Best 10 Mile: 57:26 (2021 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 16:55.31 (2021)

10K Road: 35:38 (2018)

Half Marathon: 1:17:03 (2021)

Marathon: 2:36:43 (2022)

- Luther College:
 - Participated in cross country and track & field and competed on the team that placed 6th at the 2010 NCAA Division III Cross Country Championships
- Post-Collegiate:
 - 2021 Indianapolis Monumental Marathon – 6th
 - **2021 Medtronic TC 10 Mile – Runner-up in 57:26**
 - 2021 Garry Bjorklund Half Marathon – 3rd
 - 2019 Virgin Money London Marathon (Mass Race) – 28th
 - **2016 Medtronic Twin Cities Marathon – 8th in 2:51:15**
 - **2015 Medtronic Twin Cities Marathon – 23rd in 2:56:23**
- 2022 Results:
 - June: Grandma’s Marathon – 17th in 2:36:43
- Notes:
 - Completed a Master’s degree at the University of Oxford in Migration Studies, where she met her current coach Kyle Bennet, and she is now pursuing a PhD in Public Policy at the University of Minnesota, focusing on U.S. immigration policy.

Paige Stoner, USA

Twitter handle: @PaigeStoner11

Instagram username: paigestoner11

Age: 26

Current Residence: Charlottesville, Virginia

Sponsor/Training Group: Reebok Boston Track Club

Bib: 20127

Personal Best 10 Mile: 52:38 (2022 Credit Union Cherry Blossom 10 Mile)

Additional Personal Bests

3,000 meter Steeplechase: 9:39.10 (2022)

10,000 meters: 31:22.55 (2022)

Half Marathon: 1:10:34 (2022)

Marathon: 2:28:43 (2020)

– Syracuse University:

- Four-Time NCAA Division I All-American
- Four-Time ACC Conference Champion
- 2018 NCAA Division I Outdoor Track & Field Championships 3,000m Steeple – 3rd

– Post-Collegiate:

- 2021 U.S. Olympic Track & Field Team Trials 10,000m – 34th
- 2021 B.A.A. Boston Marathon – 18th
- 2020 USATF 15K Championships – 8th
- 2020 The Marathon Project – 7th
- 2019 USATF Outdoor Championships 3,000m Steeplechase – 7th

– 2022 Results:

- January: Aramco Houston Half Marathon – 11th in 1:10:34
- March: The TEN 10,000m – 7th in 31:22.55
- April: Credit Union Cherry Blossom 10 Mile – 3rd in 52:38
- May: USATF 10,000m Championships – 12th in 31:55.12
- September: USATF 20K Championships – DNF

Carrie Mack, USA

Twitter handle: @carrieowenmack

Instagram username: carriemack

Age: 36

Date of Birth: June 14, 1986

Current Residence: Bend, Oregon

Sponsor/Training Group: Oiselle / Littlewing Athletics

Bib: 20128

Personal Best Marathon: 2:36:36 (2019 Medtronic Twin Cities Marathon)

Additional Personal Bests

5,000 meters: 16:18.27 (2022)

10,000 meters: 33:39.12 (2022)

Half Marathon: 1:17:00 (2018)

- Post-Collegiate:
 - 2020 U.S. Olympic Marathon Team Trials – 72nd
 - **2019 Medtronic Twin Cities Marathon – 5th in 2:36:36**
 - 2018 Garry Bjorklund Half Marathon – 17th
 - 2018 Chicago Marathon – 32nd
 - 2017 Boston Marathon – 85th
- 2022 Results:
 - June: Portland Track Festival 10,000m – 3rd in 33:39.12
 - July: Stumptown Twilight 5,000m – 5th in 16:18.27

Emma Spencer, USA

Twitter handle: @enspencer

Instagram username: enspencer

Age: 32

Current Residence: Durham, North Carolina

Sponsor/Training Group: Raleigh Distance Project / Tracksmith

Bib: 20129

Personal Best 10 Mile: 56:08 (2019 Medtronic Twin Cities Marathon)

Additional Personal Bests

10,000 meters: 33:44.44 (2019)

Half Marathon: 1:14:29 (2021)

Marathon: 2:36:33 (2021)

- Columbia University:
 - Did not run competitively while in college in order to focus on her academics, until her senior year when her sister convinced her to run the Cape Cod Marathon together.
- Post-Collegiate:
 - 2021 USATF Half Marathon Championships – 19th
 - 2021 B.A.A. Boston Marathon – 19th (7th American)
 - 2020 U.S. Olympic Marathon Team Trials – 56th
 - **2019 USATF 10 Mile Championships – 17th in 56:08 (hosted by TCM)**
 - 2018 Berlin Marathon – 16th
- 2022 Results:
 - March: Raleigh Relays 10,000m – 15th in 33:57.60
 - April: B.A.A. 5K – 17th in 16:43
 - May: Trials of Miles Track Night NYC 5,000m – 9th in 16:07.75
- Notes:
 - Software Engineer at a technology start-up

Breanna Sieracki, USA

Instagram username: Breanna_sieracki

Age: 27

Current Residence: Burnsville, Minnesota

Sponsor/Training Group: Minnesota Distance Elite

Bib: 20130

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 15:38.53 (2019)

10K Road: 33:53 (2019)

Half Marathon: 1:14:34

- University of Minnesota – Duluth:
 - Eight-Time All-American
 - Three-Time NCAA Division II Runner-Up, including at the 2017 NCAA Division II Outdoor Track & Field Championships in the 3,000m Steeplechase
 - 2016 NCAA Division II Cross Country Championships – 6th
 - 2016-17 NCAA Central Region Athlete of the year, UMD’s Outstanding Female Senior Athlete and Top Female Scholar Athlete
- Post-Collegiate:
 - 2021 USATF 15K Championships – 15th
 - 2020 USATF 15K Championships – 13th
 - 2019 NACAC Cross Country Championships -- Champion
 - 2019 USATF Cross Country Championships – 19th
 - 2018 USATF Outdoor Championships 3,000m Steeplechase – 10th
- 2022 Results:
 - September: City of Lakes Half Marathon – 7th in 1:21:34
- Notes:
 - Had her first child, Addison Rose Sieracki, in February 2022, and has been slowly on the comeback since.
 - Was also a varsity basketball player in high school

Kelsey (Beckmann) Pontius, USA

Instagram username: k_beck

Age: 31

Current Residence: Jacksonville, Florida

Sponsor/Training Group:

Bib: 20131

Personal Best 10 Mile: 59:18 (2018 Jacksonville Evergreen Pumpkin Run)

Additional Personal Bests

5,000 meters: 16:49.40 (2022)

Half Marathon: 1:14:18(2022)

Marathon: 2:44:27 (2018)

- Campbell University
 - Did not participate in cross country or track & field in college, but was on the varsity soccer team instead.
- Post-Collegiate:
 - 2021 USATF Half Marathon Championships – 18th
 - 2020 U.S. Olympic Team Trials Marathon – 209th
 - 2018 USATF Marathon Championships – 88th
 - **2015 USATF 10 Mile Championships – 32nd in 59:46 (hosted by TCM)**
 - 2015 Garry Bjorklund Half Marathon – 4th
- 2022 Results:
 - May: Trials of Miles Track Night NYC 5,000m – 15th in 16:49.40
 - June: Garry Bjorklund Half Marathon – 5th in 1:14:18

Erika Fluehr, USA

Instagram username: Erika_fluehr

Age: 29

Current Residence: Red Bank, New Jersey

Sponsor/Training Group: New York Athletic Club (NYAC)

Bib: 20132

Personal Best 10 Mile: 58:36 (2017 Bronx 10 Mile)

Additional Personal Bests

5K Road: 17:30 (2018)

Half Marathon: 1:15:59 (2019)

Marathon: 2:39:31 (2021)

- University of Michigan (transferred from Princeton University):
 - 2017 Big Ten Outdoor Track & Field Championships 10,000m – 20th
 - Earned Academic All-Big Ten Honors in 2016
 - At Princeton, Fluehr competed at the Ivy League Heptagonal Championships in all three seasons (cross country, indoor, outdoor track) as a sophomore & senior
- Post-Collegiate:
 - 2021 California International Marathon – 21st
 - 2020 U.S. Olympic Marathon Team Trials – 178th
 - 2019 Aramco Houston Half Marathon – 36th
 - 2018 Brooklyn Half Marathon – 3rd
- 2022 Results:
 - April: B.A.A. Boston Marathon – 35th in 2:45:40
 - June: Mastercard New York Mini 10K – 34th in 35:51

- Notes:
 - Twin sister, Kathryn, is also competing in this year’s Medtronic TC 10 Mile (Bib #20138), and they got 1st and 2nd in the Florida Class 1A state high school cross country meet both their junior and senior years, with Kathryn winning as a junior and Erika as a senior.
 - Senior Enterprise Account Manager at Riskified

Andrea Toppin, USA

Twitter handle: @atop1212

Instagram username: atop1212

Age: 29

Date of Birth: December 12, 1992

Current Residence: Broomfield, Colorado

Sponsor/Training Group: Oiselle Haute Volee

Bib: 20134

Personal Best 10 Mile: 59:57 (2018 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 16:55.73 (2013)

15K Road: 54:13 (2019)

Half Marathon: 1:15:53 (2019)

Marathon: 2:42:22 (2018)

- Iowa State University:
 - Five-Time Academic All-Big 12 Honoree
- Post-Collegiate:
 - 2020 U.S. Olympic Marathon Team Trials – DNF
 - 2019 USATF 15K Championships – 17th
 - **2018 USATF 10 Mile Championships – 31st in 59:57 (hosted by TCM)**
 - **2017 Medtronic Twin Cities Marathon – 10th in 2:52:53**
- 2022 Results:
 - June: Grandma’s Marathon – 37th in 2:42:48
 - September: USATF 20K Championships -- DNF

Teal Burrell, USA

Twitter handle: @runnerteal

Instagram username: runnerteal

Age: 37

Current Residence: Richmond, Virginia

Sponsor/Training Group:

Bib: 20136

Personal Best 10 Mile: 59:24 (2015 Blue Cross Broad Street 10 Mile)

Additional Personal Bests

Half Marathon: 1:18:13 (2019)

Marathon: 2:39:11 (2018)

- University of Richmond:
 - Did not pursue competitive running in college after participating in cross country and track in high school, but attempted her first marathon as a sophomore in college and finished in around four hours and seven minutes. The marathon bug “bit her” that day and has kept her going ever since.
- Post-Collegiate:
 - 2020 U.S. Olympic Marathon Team Trials – 130th
 - **2019 USATF 10 Mile Championships – 36th in 1:00:30 (hosted by TCM)**
 - 2019 B.A.A. Boston Marathon – 44th
 - 2018 Washington Cherry Blossom 10 Mile – 25th
 - 2016 U.S. Olympic Marathon Team Trials – 72nd
- 2022 Results:
 - March: United Airlines Rock ‘n’ Roll Washington D.C. Half Marathon – 9th in 1:21:51
 - April: B.A.A. Boston Marathon (Mass Race) – 54th in 2:54:38

Cristina McKnight, USA

Twitter handle: @c_mcknight_

Instagram username: cristina_mcknight_

Age: 26

Current Residence: Lafayette, Colorado

Sponsor/Training Group: Serrano Athletics Club

Bib: 20137

Personal Best 10 Mile: 59:01 (2022 Credit Union SacTown 10 Mile)

Additional Personal Bests

10K Road: 35:37 (2019)

15K Road: 53:57 (2021)

Half Marathon: 1:18:29 (2019)

Marathon: 2:40:02 (2019)

- Michigan State University:
 - Did not run collegiately
- Post-Collegiate:
 - 2021 Indianapolis Monumental Half Marathon – 8th
 - 2021 Valencia Marathon (Spain) – 43rd
 - 2020 U.S. Olympic Marathon Team Trials – 49th
 - 2019 California International Marathon – 11th
 - 2019 Eugene Half Marathon – 4th

- 2022 Results:
 - April: Credit Union SacTown 10 Mile – 14th in 59:01

Kathryn Fluehr, USA

Instagram username: kathryn_fluehr

Age: 29

Current Residence: Boulder, Colorado

Sponsor/Training Group:

Bib: 20138

Personal Best 10 Mile: 57:31 (2019 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 16:21.13 (2015)

10,000 meters: 34:29.59 (2016)

Half Marathon: 1:15:59 (2017)

Marathon: 2:49:45 (2021)

- University of New Mexico (transferred from Princeton University):
 - 2016 NCAA Division I Cross Country Championships – 207th
- Princeton University:
 - Four-Time All-Ivy League Honoree and 2015 All-Mid-Atlantic Region Cross Country
- Post-Collegiate:
 - 2021 Indianapolis Monumental Half Marathon – 9th
 - 2020 Mortgage Network Hardeeville Half Marathon – Runner-up
 - **2019 USATF 10 Mile Championships – 25th in 57:31 (hosted by TCM)**
 - **2018 USATF 10 Mile Championships – 25th in 58:29 (hosted by TCM)**
 - 2017 Bronx 10 Mile – 5th
- 2022 Results:
 - May 28: Bayshore Marathon (Traverse City, MI) – Runner-up in 2:40:37
 - May 29: Tartan Homes Ottawa Intl. Marathon – 18th in 3:13:53
- Notes:
 - Program Manager at Odyssey Energy Solutions

Allie Schaich, USA

Instagram username: @allieschaich

Age: 29

Current Residence: Lakewood, Colorado

Sponsor/Training Group: Speed City Racing

Bib: 20139

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 17:50.67 (2014)

Half Marathon: 1:13:39 (2020)

Marathon: 2:37:33 (2020)

- Rice University:
 - Multiple-Time All-Conference USA Honoree
 - 2016 NCAA Division I South Central Cross Country Championships – 34th (All-Region)
- Post-Collegiate:
 - 2021 Bank of America Chicago Marathon – 34th
 - 2021 Philadelphia Distance Run 10 Mile – 16th
 - 2020 U.S. Olympic Marathon Team Trials – 69th
 - 2019 Christie Clinic Illinois Marathon – 3rd
- 2022 Results:
 - May: RBC Brooklyn Half Marathon – 4th in 1:14:54
- Notes:
 - Management Consultant for North Highland

Margaret (Landberg) Ludick, USA

Twitter handle: @ludick_margaret

Age: 37

Current Residence: Minnetonka, Minnesota

Sponsor/Training Group: Mile to Marathon

Bib: 20140

Personal Best 10 Mile: 56:29 (2019 Medtronic Twin Cities Marathon)

Additional Personal Bests

5K Road: 18:18 (2020)

10K Road: 35:42 (2019)

Half Marathon: 1:20:32 (2018)

Marathon: 2:41:40 (2019)

- White Bear Lake High School (MN):
 - 2001 Minnesota State Cross Country Championships – 40th
 - Two-Time All-State in track & field (9th in 3200m as freshman and 9th in 1600m as sophomore)
- University of North Dakota:
 - 2006 North Central Conference Indoor Track & Field Championships 3200m – 1st
- Post-Collegiate:
 - 2021 City of Lakes Half Marathon – Champion
 - 2020 U.S. Olympic Marathon Team Trials – 200th
 - **2019 USATF 10 Mile Championships – 19th in 56:29 (hosted by TCM)**

- 2018 Wineglass Marathon (Corning, NY) – Runner-up
- 2015 Fargo Marathon – Runner-up
- 2022 Results:
 - April: Get in Gear 10K – Runner-up In 36:20
 - May: Brian Kraft Memorial 5K – 4th in 17:21
- Notes:
 - Provider Physician Recruitment Specialist at U of MN Health – Fairview
 - Had to take two years completely off from 2014-2016 due to injuries, until joining Mile to Marathon and coach Ron Hyland helped her get healthy

Allison Cleaver, USA

Twitter handle: @aminicleaver

Instagram username: aminicleaver

Age: 34

Current Residence: Austin, Texas

Sponsor/Training Group:

Bib: 20141

Personal Best 10 Mile: 56:10 (2018 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: 2:36:15 (2018)

- University of Texas – Austin:
 - Participated in cross country and track & field
- Post-Collegiate:
 - 2021 Dallas Marathon 10K – Champion in 36:42
 - 2020 U.S. Olympic Marathon Team Trials – 251st
 - 2018 Indianapolis Half Marathon – Champion
 - **2018 USATF 10 Mile Championships – 14th in 56:10 (hosted by TCM)**
 - 2016 U.S. Olympic Marathon Team Trials – 89th
- 2022 Results:
 - No results in 2022 yet
- Notes:
 - Pediatric Nurse

Stephanie “Pezz” Pezzullo, USA

Instagram username: pezzpezzullo

Age: 40

Current Residence: Ocala, Florida

Sponsor/Training Group: Training With Pezz

Bib: 20142

Personal Best 10 Mile: 55:16 (2012 Cherry Blossom 10 Mile)

Additional Personal Bests

1,500 meters: 4:21.08 (2006)

5,000 meters: 15:54.38 (2011)

15K Road: 52:46 (2012)

Half Marathon: 1:13:12 (2012)

Marathon: 2:32:42 (2012)

- Penn State University:
 - Played soccer all four years, and only went out for track & field in the spring of her senior year once her soccer career was over
 - While on the soccer team, Pezzullo and her team were ranked #4 in the NCAA and won the Big Ten Soccer Championship all four years that Pezzullo was in school
 - Despite no background in track & field or competitive running, Pezzullo lowered her 1500m time that spring to 4:29
- Post-Collegiate:
 - Played semi-professional women's soccer for a few seasons before taking running seriously when she joined ZAP Elite with coach Pete Rea in 2006
 - Pezzullo has also recently started competing in triathlons and duathlons
 - 2020 U.S. Olympic Marathon Team Trials – 39th
 - **2017 Medtronic Twin Cities Marathon – 5th in 2:44:42**
 - 2013 Chicago Marathon – 10th
 - 2012 Chicago Marathon – 8th
 - 2010 USATF Outdoor Championships 3,000m Steeple – 5th
- 2022 Results:
 - January: Aramco Houston Half Marathon – 26th in 1:14:51
 - April: Caesars Sportsbook Crescent City Classic 10K – 11th in 37:20
- Notes:
 - High School Soccer All-American



**Men's Marathon
2022 Prize Money Breakdown**

Open Men

1st	\$5,000
2nd	\$3,000
3rd	\$2,000
4th	\$1,500
5th	\$1,000

Minnesota Masters Men

1st	\$500
2nd	\$250
3rd	\$100

Course Record Bonus

\$25,000

USA Masters Age Group Record

\$500

Minnesota Men

1st	\$500
2nd	\$250
3rd	\$100

Non-Binary

1st	\$500
2nd	\$250
3rd	\$100

Medtronic Twin Cities Marathon: Men

Wilfred Kimitei, KEN

Instagram username: wilfred_kimitei_

Age: 37

Current Residence:

Sponsor/Training Group:

Bib: 2

Personal Best Marathon: 2:17:07 (2021 Izmir Marathon)

Additional Personal Bests

5,000 meters: 13:12.72 (2014)

10,000 meters: 27:54.20 (2016)

10 Miles: 45:43 (2022)

Half Marathon: 59:40 (2018)

– Professional Career:

- 2021 Lisbon (Portugal) Half Marathon – 11th
- 2018 Ras Al Khaimah international (United Arab Emirates) Half Marathon – 6th
- 2018 Lille (France) Half Marathon – 3rd
- 2016 Kenyan National Championships 10,000m – Runner-up
- 2016 African Championships 10,000m – Runner-up

– 2022 Results:

- January: Aramco Houston Half Marathon – 3rd in 1:00:44
- April: Credit Union Cherry Blossom 10 Mile – Runner-up in 45:43
- May: Van der Valk Hotel Venlo (Netherlands) Half Marathon – 5th in 1:03:11

Mike Chesire, KEN

Twitter handle: @MikeChesire3

Instagram username: mike.chesire

Age: 26

Current Residence: Coon, Rapids, Minnesota

Sponsor/Training Group:

Bib: 3

Personal Best Marathon: 2:11:32 (2022 Vienna City Marathon)

Additional Personal Bests

10,000 meters: 29:57.60 (2019)

Half Marathon: 1:03:45 (2019)

– Professional Career:

- 2021 Philadelphia Marathon – Champion

- 2019 Honolulu Marathon – 4th
- 2022 Results:
 - January: Chevron Houston Marathon – 52nd in 2:26:29
 - February: Publix Atlanta Half Marathon – 4th in 1:03:39
 - April: Vienna City Marathon (Austria) – 10th in 2:11:32
 - September: Philadelphia Distance Run Half Marathon – 3rd in 1:02:33

Refera Merga, ETH

Age: 24

Current Residence: Webster, Texas

Sponsor/Training Group:

Bib: 4

Personal Best Marathon: 2:14:58 (2018 Nanchang Marathon)

Additional Personal Bests

Half Marathon: 1:01:31 (2022)

- Professional Career:
 - 2021 Access Bank Lagos City Marathon (Nigeria) – 10th
 - 2019 Khon Kaen Half Marathon (Thailand) – 5th
 - 2018 Nanchang Marathon (China) – 5th
- 2022 Results:
 - April: Totalsports Two Oceans Half Marathon (South Africa) – 12th in 1:04:35
 - June: Nelson Mandela Bay Half Marathon (South Africa) – 10th in 1:01:31

Benard Rotich, KEN

Twitter handle: @BernardRotich4

Instagram username: benardrotic

Age: 36

Current Residence: Tempe, Arizona

Sponsor/Training Group:

Bib: 5

Personal Best Marathon: 2:10:18 (2011 Frankfurt Marathon)

Additional Personal Bests

5,000 meters: 13:18.41 (2008)

10,000 meters: 27:09.8 (2008)

Half Marathon: 1:01:28 (2011)

- Professional Career:
 - 2018 Zürich Marathon (Switzerland) – 3rd
 - 2017 Dublin Marathon (Ireland) – Champion
 - 2017 Belfast Marathon (Northern Ireland) – Champion
 - 2013 Brighton Marathon (Great Britain) – Runner-up

- 2011 Tallin SEB Marathon (Estonia) – Champion
- 2008 Kenya Athletics Championships 10,000m – Champion
- 2005 Getafe Half Marathon (Spain) – 4th
- 2022 Results:
 - June: Grandma’s Marathon – 6th in 2:12:47
- Notes:
 - Married with two young daughters
 - Training base is in Kericho, Kenya, and he is represented by Mayo Sports

Luke Kibet, KEN

Age: 39

Current Residence: Coon Rapids, Minnesota

Sponsor/Training Group:

Bib: 6

Personal Best Marathon: 2:08:52 (2005 Eindhoven Marathon)

Additional Personal Bests

10K Roads: 28:18 (2003)

10 Mile: 46:10 (2003)

Half Marathon: 1:00:43 (2006)

- Professional Career:
 - 2021 Blue Cross Broad Street 10 Mile – 4th
 - 2019 Annecy Marathon (France) – 7th
 - **2017 Medtronic Twin Cities Marathon – 9th in 2:21:22**
 - 2017 Libreville Marathon (Gabon) – Champion
 - 2014 Zagreb Marathon (Croatia) – Champion
 - 2009 Singapore Standard Chartered Marathon – Champion
 - 2008 Beijing Olympic Games Marathon – DNF
 - 2007 IAAF Osaka World Championships Marathon – World Champion
 - 2004 Frankfurt Marathon – Runner-up
- 2022 Results:
 - May: Lincoln Marathon – Runner-up in 2:22:41

Matt Welch, USA

Twitter handle: @ProctorPre

Instagram username: runtheprocess

Age: 27

Current Residence: Bellingham, Washington

Sponsor/Training Group: Jacuzzi Boys Athletic Club

Bib: 7

Personal Best Marathon: 2:17:44 (2019 Medtronic Twin Cities Marathon)

Additional Personal Bests

10,000 meters: 29:15.13 (2018)

15K Road: 47:24 (2019)

10 Miles: 49:29 (2018)

Half Marathon: 1:02:25 (2019)

- Proctor High School (Minnesota):
 - 2012 Minnesota State Cross Country Class A Championships – Champion
 - 2012-13 Gatorade Minnesota Boys Cross Country Runner of the Year
 - Two-Time All-State Honoree
- University of Portland (transferred from University of Minnesota for his 5th year):
 - 2017 NCAA Division I Cross Country Championships – 46th
 - Helping his Portland Pilots finish as runners-up as a team
- Post-Collegiate:
 - 2021 Stumptown Twilight 5,000m – Runner-up
 - 2020 U.S. Olympic Marathon Team Trials – 134th
 - 2019 Medtronic Twin Cities Marathon – 5th in 2:17:44
 - 2019 San Diego Holiday Half Marathon – Champion
- 2022 Results:
 - May: Lilac Bloomsday Run (7.46 miles) – 13th in 36:54
- Notes:
 - In 2021, Matt biked 11,500 miles from Portland, Oregon to Portland, Maine on his road bike, camping along the way, then went from Portland, Maine to New York City, then to Florida, then through Texas and the South until he got to California and rode up the California coast back to Seaside, Oregon. In total, he biked 11,500 miles through 35 states over a six month time period.
 - Plant-based athlete who recently launched the Vegan Endurance Group (VEG), which is a collective community of plant-based athletes.

Matt Cooper, USA

Age: 28

Current Residence: Middleton, Wisconsin

Sponsor/Training Group: Wisconsin Runner Racing Team (WRRT)

Bib: 10

Personal Best Marathon: Debut

Additional Personal Bests

One Mile: 4:02.83 (2021)

5,000 meters: 14:07.66 (2021)

Half Marathon: 1:05:29 (2021)

- University of Wisconsin – Eau Claire:
 - Member of National Championship cross country and track & field teams

- 2017 NCAA Division III Indoor Track & Field Championships – DMR All-American
- 2-Time NCAA Division III Outdoor Track & Field Championships 1500m Qualifier
- Post-Collegiate:
 - 2021 Cheesehead Run Half Marathon – Runner-up
 - 2021 Drake Relays 5,000m – 6th
 - 2020 USATF Indoor Championships 3,000m – Qualifier
 - 2018 Stumptown Twilight 1500m – 7th
- 2022 Results:
 - February: Boston University Valentine Invitational Mile – 9th in 4:05.60
 - March: Ripon Final Qualifier 3,000m – Champion in 8:19.31
 - July: Murphey Classic Mile – 3rd in 4:05.82
- Notes:
 - Currently offers online coaching through TeamRunRun, and says his biggest coaching influences are Tom “Tinman” Schwartz and Jack Daniels.

Rob Stone, USA

Age: 27

Current Residence: Alpharetta, Georgia

Sponsor/Training Group:

Bib: 11

Personal Best Marathon: Debut

Additional Personal Bests

3,000 meters: 8:40.66 (2018)

5,000 meters: 14:38.11 (2017)

10,000 meters: 29:36.24 (2018)

- Princeton University:
 - Multiple-Time All-Ivy League Honoree
 - 2018 NCAA Division I East Regional Preliminary Round -- Qualifier
 - 2017 NCAA Division I Cross Country Championships – 173rd
- Post-Collegiate:
 - 2020 Vanderbilt Invitational 3,000m – 13th
- 2022 Results:
 - July: AJC Peachtree Road Race – 29th in 31:30
 - September: USATF 20K Championships – DNF

Declan Dahlberg, USA

Twitter handle: @dahlberg_declan

Instagram username: @ddahlberg18

Age: 23

Current Residence: North Oaks, Minnesota

Sponsor/Training Group:

Bib: 13

Personal Best Marathon: Debut

Additional Personal Bests

3,000 meters: 8:32.81

5,000 meters: 14:52.16

Half Marathon: 1:09:03 (2022)

- Mounds Park Academy (MN)
 - 2017 Minnesota State Track & Field Championships Class A 1600m – Champion
 - 2016 Minnesota State Cross Country Championships Class A – Champion
 - Six-Time All-State Honoree – three in cross country, three in track & field
 - 11-Time All-Conference Honoree
- University of Minnesota – Twin Cities:
 - Participated in cross country and track & field
- Post-Collegiate:
 - Made post-collegiate debut in the fall of 2022.
- 2022 Results:
 - August: Gopher Badger Half Marathon – Champion in 1:10:41
 - September: City of Lakes Half Marathon – 4th in 1:09:03
- Notes:
 - Was coached by Beverly Docherty in high school track & field, a St. Paul native and well-known figure in the Minnesota running community. In 1998, Bev won the USATF National Masters Women’s Championship which was hosted by TCM.

Rob Desisto, USA

Twitter handle: @robdesistojr

Instagram username: @rob_desisto

Age: 26

Current Residence: McDonough, Georgia

Sponsor/Training Group:

Bib: 15

Personal Best Marathon: Debut

Additional Personal Bests

5 Miles: 25:12 (2020)

10 Miles: 51:41 (2020)

Half Marathon: 1:06:58 (2021)

- New York University:
 - 2017 NCAA Division III Cross Country Championships – Qualifier
- Post-Collegiate:
 - Trials of Miles Project 13.1 – 15th

- 2020 Allen Mello NH 10 Mile – Champion
- 2022 Results:
 - July: AJC Peachtree Road Race – 26th in 31:15
- Notes:
 - Works full-time as Manager of Market Strategy for Salesforce

Chris May, USA

Instagram username: chris.may.runs

Age: 27

Current Residence: Atlanta, Georgia

Sponsor/Training Group: Atlanta Track Club

Bib: 16

Personal Best Marathon: 2:18:34 (2019 Bank of America Chicago Marathon)

Additional Personal Bests

5,000 meters: 14:05.86 (2016)

10,000 meters: 29:29.80 (2017)

Half Marathon: 1:04:50 (2019)

- Grand Valley State University:
 - Four-Time NCAA Division II All-American
 - 2018 NCAA Division II Outdoor Track & Field Championships 10,000m – 3rd
 - 2016 NCAA Division II Cross Country Championships – 10th
- Post-Collegiate:
 - 2020 U.S. Olympic Marathon Team Trials – 146th
 - 2019 Garry Bjorklund Half Marathon – 10th
 - 2019 Bank of America Chicago Marathon – 40th
- 2022 Results:
 - February: Publix Atlanta Half Marathon – 8th in 1:08:08
 - April: B.A.A. Boston Marathon – 96th in 2:30:52
 - July: AJC Peachtree Road Race – 28th in 31:25
 - September: USATF 20K Championships – 23rd in 1:06:06
- Notes:
 - Works as a Clinic Director at PT Solutions in Atlanta, GA

Kane Collins, IRL

Age: 25

Current Residence: Mallow, Cork, Ireland

Sponsor/Training Group:

Bib: 17

Personal Best Marathon: Debut

Additional Personal Bests

5,000 meters: 14:54.20 (2022)

10,000 meters: 32:22.69 (2022)

Half Marathon: 1:09:19 (2022)

- Professional Career:
 - Started competing professionally in 2022.
- 2022 Results:
 - April: Barcelona Half Marathon (Spain) – 54th in 1:09:19
 - July: Irish 10,000m Championship – 10th in 32:22.69

Daniel Mesfun, ERI

Age: 34

Current Residence: Flagstaff, Arizona

Sponsor/Training Group:

Bib: 18

Personal Best Marathon: 2:10:06 (2018)

Additional Personal Bests

10 Miles Road: 48:17 (2017)

Half Marathon: 1:01:13 (2019)

- Professional Career:
 - 2020 Humana Financial Rock n’ Roll Arizona Half Marathon – 4th
 - 2019 B.A.A. Boston Marathon – 14th
 - 2019 TCS New York City Marathon – 12th
 - 2018 Cleveland Marathon – Champion
 - **2017 Medtronic Twin Cities Marathon – 5th in 2:16:55**
 - 2015 Eritrean Marathon Championships – Runner-up
- 2022 Results:
 - Has not raced in 2022 (no races since 2020).
- Notes:
 - Trains under Coach Jay Bawcom, husband of 2012 U.S. Olympian Janet Bawcom

Stanley Leleito, KEN

Instagram username: @honstanleyleleito

Age: 38

Current Residence: Tempe, Arizona

Sponsor/Training Group:

Bib: 34

Personal Best Marathon: 2:10:17 (2005 Zürich Marathon)

Additional Personal Bests

5,000 meters: 13:44.36 (2003)

Half Marathon: 1:03:07 (2006)

- Post-Collegiate:
 - 2011 Singapore Standard Chartered Marathon (Singapore) – 13th
 - 2007 Mumbai Standard Chartered Marathon (India) – 4th
 - 2006 Amsterdam Marathon (Netherlands) – 4th
 - 2006 Nice International Half Marathon (France) – 5th
 - 2005 Zürich Marathon (Switzerland) – Champion
 - 2004 Athens Classic Marathon (Greece) – 5th
- 2022 Results:
 - No races in 2022, and no races since 2011.

Yuya Yoshida, JPN

Age: 25

Current Residence: Higashimatsuyama, Japan

Sponsor/Training Group:

Bib: 50

Personal Best Marathon: 2:07:05 (2020 Fukuoka International Marathon)

Additional Personal Bests

5,000 meters: 13:36.86 (2020)

10,000 meters: 27:58.68 (2021)

Half Marathon: 1:03:19 (2019)

- Post-Collegiate:
 - 2021 Portland Track Festival 10,000m – 3rd
 - 2020 Fukuoka International Open Marathon Championship (Japan) – Champion
 - 2019 Kanagawa Half Marathon (Japan) – Runner-up
 - 2019 Japanese Collegiate Championship 5,000m – 9th
 - 2018 Japanese University Half Marathon Championship – 10th
- 2022 Results:
 - March: Tokyo Marathon – 24th in 2:09:20
 - July: Hokuren Distance Challenge 10,000m – 16th in 28:14.29
- Notes:
 - Graduate of Ekiden road relay powerhouse Aoyama Gakuin University – in Yoshida’s last Ekiden relay, he completed his share of the relay in the fastest time among all participants, leading his team to victory the next day at the 2020 Tokyo-Hakone Round-Trip College Ekiden Race. Read more [HERE](#).
 - Did not make the starting lineup for his University’s Ekiden relay team until 2020
 - 2nd fastest marathon debut for Japanese male of all-time – 2:08:30 at the 2020 Beppu-Oita Mainichi Marathon (Japan).
 - His 2:07:05 PB is the #9 marathon time of all-time for Japan.



**Women's Marathon
2022 Prize Money Breakdown**

Open Women

1st	\$5,000
2nd	\$3,000
3rd	\$2,000
4th	\$1,500
5th	\$1,000

Minnesota Masters Women

1st	\$500
2nd	\$250
3rd	\$100

Course Record Bonus

\$25,000

USA Masters Age Group Record

\$500

Minnesota Women

1st	\$500
2nd	\$250
3rd	\$100

Non-Binary

1st	\$500
2nd	\$250
3rd	\$100

Medtronic Twin Cities Marathon: Women

Kim Conley, USA

Twitter handle: @KimConley

Instagram username: kfconley

Age: 36

Current Residence: Flagstaff, Arizona

Sponsor/Training Group: Nike

Bib: 101

Personal Best Marathon: 2:41:38 (2016 New York City Marathon)

Additional Personal Bests

One Mile: 4:27.23 (2012)

5,000 meters: 15:05.20 (2019)

10,000 meters: 31:35.88 (2017)

10 Miles: 53:40 (2022)

Half Marathon: 1:09:44 (2015)

- University of California – Davis
 - o 2009 NCAA Division I West Regional Preliminary 5,000m – Qualifier
 - o 2008 Big West Conference Outdoor Track & Field Championships 1,500m – 3rd
 - o 2008 NCAA Division I Cross Country Championships – 80th
 - o 2007 Mt. SAC Relays 5,000m – Runner-up
- Post-Collegiate:
 - o 2021 USATF 5K Championships – 8th
 - o 2020 USATF 15K Championships – 7th
 - o 2019 Pan American Games 5,000m – 3rd
 - o 2016 TCS New York City Marathon – 15th
 - o 2016 Rio and 2012 London Olympian
 - o 2015 USATF Half Marathon Championship – Champion
 - o 2014 USATF Outdoor Championships 10,000m – Champion
 - o 2013 IAAF World Outdoor Championships 5,000m – 13th
- 2022 Results:
 - o March: United Airlines NYC Half Marathon – 19th in 1:12:39
 - o April: Credit Union Cherry Blossom Ten Mile – 5th in 53:40
 - o May: Carlsbad 5000 – 4th in 16:09
 - o September: USATF 20K Championships – 11th in 1:09:10
- Notes:
 - o Coached by her husband, Drew Wartenburg.

Jessica Watychowicz, USA

Twitter handle: @JessWatychowicz

Instagram username: @jesswatychowicz

Age: 31

Current Residence: Colorado Springs, Colorado

Sponsor/Training Group: Tracksmith

Bib: 103

Personal Best Marathon: 2:40:46 (2021 Bank of America Chicago Marathon)

Additional Personal Bests

5,000 meters: 15:47.51 (2019)

10 Miles: 57:13 (2018)

Half Marathon: 1:11:32 (2020)

- University of Wisconsin – Parkside:
 - Two-Time NCAA Division II All-American
 - Multiple-Time NCAA Division II Championships Qualifier
 - School record and Great Lakes Valley Conference record-holder
- Post-Collegiate:
 - 2021 Bank of America Chicago Marathon – 24th
 - 2021 U.S. Olympic Track & Field Team Trials 10,000m – 37th
 - 2018 Copenhagen Half Marathon (Denmark) – 24th
 - 2016 USATF 5K Road Championships – 15th
- 2022 Results:
 - January: Lake Michigan Open Mile – Champion in 4:55.91
 - April: Mt. SAC Relays 5,000m – 18th in 16:20.45
 - May: Carlsbad 5000 – 5th in 16:24
- Notes:
 - Executive Media Director at PeakSide Marketing

Joanna Stephens, USA

Instagram username: @joannarunner

Age: 28

Current Residence: Smyrna, Georgia

Sponsor/Training Group: Atlanta Track Club Elite

Bib: 104

Personal Best Marathon: 2:39:06 (2021 Indianapolis Monumental Marathon)

Additional Personal Bests

10,000 meters: 34:34.80 (2019)

Half Marathon: 1:14:23 (2022)

Marathon: 2:39:06 (2021)

- University of South Alabama:
 - Competed in cross country and track & field.

- Post-Collegiate:
 - 2021 Indianapolis Monumental Marathon – 4th
 - 2021 USATF 15K Championships – 29th
 - 2019 Traverse City Bayshore Marathon – Champion in 2:43:47 (OTQ)
 - 2018 USATF 25K Championships – 12th
- 2022 Results
 - January: Aramco Houston Half Marathon – 25th in 1:14:23
 - May 7: USATF Half Marathon Championships – 6th in 1:16:04
 - May 14: USATF 25K Championships – 10th in 1:32:48
 - July: AJC Peachtree Road Race – 19th in 36:21
 - September: USATF 20K Championships – 22nd in 1:13:02
- Notes:
 - Started running in 3rd grade. Parents told her to pick a sport, and after she chose running and won her first ever race, she never stopped.

Emeline Delanis, FRA

Instagram username: emeline_delanis

Age: 25

Current Residence: Cary, North Carolina

Sponsor/Training Group: PUMA Elite

College: California Baptist University + Boston College

Bib: 105

Personal Best Marathon: Debut

Additional Personal Bests

5,000 meters: 16:02.54 (2020)

10,000 meters: 33:07.85 (2019)

Half Marathon: 1:14:25 (2022)

- California Baptist University:
 - Multiple-Time NCAA Division II All-American in cross country and track & field
- Boston College:
 - Finished her eligibility in graduate school at BC
 - Earned All-ACC honors in cross country and track & field
- Post-Collegiate:
 - 2021 Boston 10K for Women – 16th
 - 2021 French National 10K Road Championships – 4th
 - 2020 French National Track & Field Championships 5,000m – 3rd
 - 2020 Grand Nancy Half Marathon (France) – Runner-up
- 2022 Results:
 - March: Rock ‘n’ Roll Half Marathon Washington D.C. – Runner-up in 1:14:25
 - April: Annecy 10K (France) – Runner-up in 34:36
 - May: Lisbon Half Marathon (Portugal) – 15th in 1:16:58

- Notes:
 - o Coached by Alistair Cragg

Kerry Allen, USA

Instagram: kla2222

Age: 34

Current Residence: Washington D.C., USA

Sponsor/Training Group: Georgetown Running Club

Bib: 106

Personal Best Marathon: 2:40:13 (2021 Philadelphia Marathon)

Additional Personal Bests

10 Mile: 56:35 (2022)

Half Marathon: 1:19:26 (2016)

- Duke University:
 - o Competed in cross country and track & field for one academic year before taking a five-year hiatus from the sport.
- Post-Collegiate:
 - o 2021 Philadelphia Marathon – 4th
 - o 2020 U.S. Olympic Marathon Team Trials – Qualifier (DNF)
 - o **2018 Medtronic Twin Cities Marathon – 7th in 2:41:34**
 - o 2017 Washington D.C. Rock ‘n’ Roll Half Marathon – Champion
 - o 2013 Eugene Marathon – 21st
- 2022 Results:
 - o May 1: Blue Cross Broad Street 10 Mile – 8th in 56:35
 - o May 21: RBC Brooklyn Half Marathon – 6th in 1:15:60
 - o June: Lawyers Have Heart 10K (Washington D.C.) – Champion in 34:32
- Notes:
 - o Director of Government Affairs for the National Association of County and City Health Officials (NACCHO)

Selam Abera, ETH

Age: 33

Current Residence: Webster, Texas

Sponsor/Training Group:

Bib: 107

Personal Best Marathon: 2:36:08 (2014 Marrakesh Marathon [Morocco])

Additional Personal Bests

5,000 meters: 16:31.52 (2009)

10K Road: 32:21 (2013)

Half Marathon: 1:12:16 (2013)

- Professional Career:
 - 2020 Access Bank Lagos City Marathon (Nigeria) – 10th
 - Mandela Day Marathon (South Africa) – 2015 (Champion), 2016 (Champion), 2017 (Runner-up), 2018 (Runner-up), 2019 (Runner-up)
 - 2012 World Half Marathon Championships – 43rd
 - 2009 Villa Lagarina Half Marathon (Italy) – Champion

- 2022 Results:
 - No results in 2022 (no results since 2020).

Maddie Van Beek, USA

Twitter handle: @MaddieMcBeek

Instagram: maddiemcbeek

Age: 31

Current Residence: Fargo, North Dakota

Sponsor/Training Group:

Bib: 108

Personal Best Marathon: 2:35:35 (2018 California International Marathon)

Additional Personal Bests

5K Road: 15:54 (2016)

10K Road: 33:23 (2016)

10 Miles: 54:23 (2016 Medtronic TC 10 Mile)

Half Marathon: 1:12:51 (2019)

- Perham High School (MN):
 - 2009 Nike High School Outdoor Track & Field Nationals 3200m – Runner-up
 - 2008 & 2009 Minnesota State Track & Field Class A Championships 3200m – Champion
 - 2008 Minnesota State Cross Country Class A Championships – Champion
 - Four-Time All-State Selection
- North Dakota State University:
 - 2015 NCAA Division I Outdoor Track & Field Championships 3,000m Steeple – 8th (All-American)
 - Three-Time Summit League Track MVP
 - NCAA Woman of the Year nominee
- Post-Collegiate:
 - 2020 U.S. Olympic Marathon Team Trials – Qualifier
 - 2019 Fargo Half Marathon -- Champion
 - 2018 USATF Marathon Championships – 16th
 - **2017 USATF 10 Mile Championships – 9th in 56:42 (hosted by TCM)**
 - 2016 U.S. Olympic Track & Field Team Trials 3,000m Steeplechase – Qualifier
- 2022 Results:
 - January: Aramco Houston Half Marathon – 29th in 1:15:36

- Notes:
 - Currently the Head Men’s & Women’s Cross Country Coach at Concordia University – Moorhead, NCAA Division III

Addi Zerrenner, USA

Instagram username: @azerrenner

Age: 26

Current Residence: Santa Barbara, California

Sponsor/Training Group:

Bib: 110

Personal Best Marathon: 2:37:51 (2019 Grandma’s Marathon)

Additional Personal Bests

5,000 meters: 16:18.03 (2018)

10,000 meters: 33:27.66 (2018)

Half Marathon: 1:18:15 (2019)

- University of Arizona:
 - Two-Time All-PAC-12 Honoree in Cross Country (2018, 2016)
 - 2018 NCAA Division I Cross Country Championships – 68th
- Post-Collegiate:
 - 2021 USATF 15K Championships – 33rd
 - 2021 California International Marathon – 30th
 - 2020 U.S. Olympic Marathon Team Trials – 338th
 - 2019 Grandma’s Marathon – 9th
 - 2019 Carlsbad Half Marathon – Champion
 - 2019 USATF Half Marathon Championships – 14th
- 2022 Results:
 - No results in 2022 yet.
- Notes:
 - Started off playing soccer, and did track & field to stay in shape in high school.
 - Online Coach with RunDoyen

Maggie Pierson Bowman, USA

Age: 30

Current Residence: St. Louis Park, Minnesota

Sponsor/Training Group:

Bib: 112

Personal Best Marathon: 2:51:03 (2021 Grandma’s Marathon)

- Luther College:
 - Multiple-Time All-Conference in Cross Country and Track & Field
- Post-Collegiate:

- 2021 Grandma's Marathon – 21st
- **2017 Medtronic TC 10 Mile – 25th in 1:07:16**
- **2016 Medtronic TC 10 Mile – 29th in 1:06:00**
- 2022 Results:
 - June: Garry Bjorklund Half Marathon – 21st in 1:19:08
 - September: City of Lakes Half Marathon – 4th in 1:19:38

Aryn Embretson, USA

Instagram username: @arynembretson

Age: 25

Current Residence: Chicago, Illinois

Sponsor/Training Group:

Bib: 113

Personal Best Marathon: 2:48:45 (2019 California International Marathon)

Additional Personal Bests

5,000 meters: 17:37.45 (2019)

10,000 meters: 35:44.34 (2019)

10 Miles Road: 1:02:59 (2022)

- Eagan High School (MN):
 - Multiple-Time All-Conference Honoree and Minnesota State Championships Qualifier in Cross Country and Track & Field
 - Also played on the girls hockey team
- Wheaton College (transferred from Liberty University):
 - Two-Time NCAA Division III All-American
 - 2019 NCAA Division III Outdoor Track & Field Championships 10,000m – 5th
 - 2018 NCAA Division III Cross Country Championships – 40th
- Post-Collegiate:
 - 2019 California International Marathon – 107th
- 2022 Results:
 - February: Mesa Half Marathon – 23rd in 1:22:33
 - April: CARA Lakefront 10 Miler – 5th in 1:02:59

Marit Ross-Sonnesyn, USA

Instagram username: maritsonnesyn

Age: 28

Current Residence: Minneapolis, Minnesota

Sponsor/Training Group:

Bib: 114

Personal Best Marathon: 2:41:37 (2020 U.S. Olympic Marathon Team Trials)

Additional Personal Bests

5,000 meters: 17:42.10 (2018)

10,000 meters: 35:58.33 (2019)

Half Marathon: 1:17:16 (2018)

- Wayzata High School:
 - Participated in cross country, nordic skiing and track & field
- Gustavus Adolphus College:
 - Eight-Time All-MIAC Conference Honoree
 - 2016 MIAC Outdoor Track & Field Championships 5,000m and 10,000m – Champion
 - 2016 NCAA Division III Outdoor Track & Field Championships 10,000m – 13th
 - Also participated in nordic skiing
- Post-Collegiate:
 - 2021 Bank of America Chicago Marathon – 53rd
 - 2018 Garry Bjorklund Half Marathon – 19th
 - 2018 USATF Marathon Championships – 53rd
- 2022 Results:
 - May: Brian Kraft Memorial 5K – 11th in 18:26
 - June: Garry Bjorklund Half Marathon – 27th in 1:20:14
 - September: City of Lakes Half Marathon – 8th in 1:21:51

Melissa Fairey, USA

Instagram username: melissafai

Age: 27

Current Residence: Houston, Texas

Sponsor/Training Group: Space City Racing

Bib: 116

Personal Best Marathon: 2:39:41 (2019 Christie Clinic Illinois Marathon)

Additional Personal Bests

5K Road: 17:19 (2021)

10K Road: 36:27 (2021)

Half Marathon: 1:13:54 (2020)

- Georgia Institute of Technology:
 - 2017 ACC Outdoor Track & Field Championships 10,000m – 5th
- Post-Collegiate:
 - 2020 Aramco Houston Half Marathon – 46th
 - 2020 U.S. Olympic Marathon Team Trials – 273rd
 - 2019 The Woodlands Half Marathon – Runner-up
 - 2019 Christie Clinic Illinois Marathon – 4th
- 2022 Results:
 - March: The Woodlands Half Marathon – 8th in 1:21:25

- Notes:
 - Subsea Engineer for BP

Megan Curham, USA

Instagram username: mmeeggaann77

Age: 27

Current Residence: Warren, New Jersey

Sponsor/Training Group:

Bib: 118

Personal Best Marathon: 2:45:57 (2019 California International Marathon)

Additional Personal Bests

5,000 meters: 15:54.03 (2015)

10,000 meters: 33:24.79 (2014)

Half Marathon: 1:14:29 (2016)

- Princeton University:
 - Four-Time NCAA Division I All-American (twice in cross country, twice in track & field)
 - Four-Time Ivy League Champion, Eight-Time All-Ivy League
- Post-Collegiate:
 - 2020 Publix Gasparilla Distance Classic Half Marathon – Champion in 1:16:59
 - 2019 California International Marathon – 80th
 - 2018 Staten Island Great Dane Classic 5000m – Champion in 16:32.27
 - 2016 Walt Disney Half Marathon – Champion in 1:14:29
- 2022 Results:
 - January: Walt Disney World Marathon – 3rd in 2:50:11

Mia Hegazy, USA

Twitter handle: @miahegazy

Age: 33

Current Residence: New York, New York

Sponsor/Training Group:

Bib: 120

Personal Best Marathon: 2:59:17

- Brown University:
 - Attended Brown University, but unsure if she competed on the varsity cross country/track & field teams or not.
- Post-Collegiate:
 - 2020 Myrtle Beach Marathon – Runner-up
 - 2019 Eugene Marathon – 23rd
- 2022 Results:

- No results in 2022 yet
- Notes:
 - Principal at Apex Partners, a Venture Capital Fund