



# U.S. OLYMPIC TEAM TRIALS MARATHON



# MEDIA GUIDE

FEBRUARY 3, 2024 • ORLANDO, FL

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# ABOUT YOUR HOSTS

On November 8, 2022, USA Track & Field and the U.S. Olympic & Paralympic Committee announced that Orlando had been awarded the 2024 U.S. Olympic Team Trials – Marathon.

Track Shack is the race management partner collaborating with the Greater Orlando Sports Commission (serving as the official Local Organizing Committee) and other business and civic leaders on the successful execution of the event.

Under the leadership of Co-chairs Orlando Mayor Buddy Dyer and Orange County Mayor Jerry Demings, the City of Orlando together with partners Orange County, Track Shack, the Greater Orlando Sports Commission, USATF and the USOPC are proud that Orlando was chosen as the first Florida city to host the event.



"The City Beautiful" may be best known for its theme parks and tourism, but there is so much more to what makes Orlando unbelievably real including our warm climate and vast opportunities for outdoor activities, arts, culture, and major sporting events as well as our diverse and budding food scene, unique neighborhoods and business districts featuring an array of career opportunities.



Orange County Government strives to serve its residents and guests with integrity, honesty, fairness and professionalism. Located in Central Florida, Orange County includes 13 municipalities and is home to world-famous theme parks, one of the nation's largest convention centers and a thriving life science research park. Seven elected members make up the Board of County Commissioners, including the Mayor, who is elected countywide. For more information, please visit [www.Ocfl.net](http://www.Ocfl.net)



Visit Orlando is The Official Tourism Association® for Orlando, the most visited destination in the United States and Theme Park Capital of the World. A not-for-profit trade association that brands, markets and sells the Orlando destination globally, we represent over 1,500 member companies comprising every segment of Central Florida's tourism community.



The Greater Orlando Sports Commission (GO Sports) is a private, non-profit organization established to attract and manage sports-related events, conferences and activities that drive positive economic development in the City of Orlando, Lake County, Orange County, Osceola County, and Seminole County. Founded in 1992-93, the organization has hosted or co-hosted more than 1,660 events in the Greater Orlando area with a total economic impact exceeding \$3.3 billion in spending within the community. For more information, visit [GreaterOrlandoSports.com](http://GreaterOrlandoSports.com).



Track Shack, owned by Jon and Betsy Hughes since 1983, is a specialty running retailer that has been keeping Orlando's runners and walkers fit since 1977. Its sister company, Track Shack Events (TSE), is an Orlando-based sports marketing entity that specializes in marketing, management and production of active-lifestyle events. The award-winning professional staff has earned TSE a reputation as one of America's top sports marketing and management companies. The Track Shack team has produced more than 1,000 local and national running/walking events serving more than 5,000,000 athletes. In addition, Track Shack Fitness Club is the 501 © (3) organization affiliated with Track Shack Events and the 2024 U.S. Olympic Team Trials – Marathon. Run to [TrackShack.com](http://TrackShack.com).



# MEDIA CONTACTS

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## RACE WEEK MEDIA CENTER

### Lake Eola Park

195 N. Rosalind Dr. • Orlando, FL 32801

### Media Center Hours

Friday, February 2: 9 a.m. - 5 p.m.

Saturday, February 3: 7 a.m. - 4 p.m.

**Credentials MUST be picked up in the Media Center on FRIDAY, FEBRUARY 2.**


There are no exceptions. There is no race day credential pickup.


Please bring your ID to pick up your credential.


### GETTING THERE

All media should enter through Gate ACP3 and will be subject to security screening. Allow enough time for equipment to go through x-ray machine. Credentials are required for entrance on Saturday with no exceptions.

### SOCIAL MEDIA

 @usatf  
@GreaterORLSport  
@trackshack

 @usatf  
@GreaterORLSport  
@orlandotrackshack

 facebook.com/usatffans  
facebook.com/TeamUSA  
facebook.com/trackshack  
facebook.com/greaterORLSport

### HASHTAGS:

#Orlando2024trials

#JourneyToGold

#TeamUSA

#USATF

#MarathonTrials24

# SCHEDULE

## FRIDAY, FEBRUARY 2

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**9 A.M. - 5 P.M.**     **Media Center open for credential pickup.**  
*Please bring ID to pick up your credential.*

**11 A.M.**             **Athlete Press Conference**  
Race organizers Greater Orlando Sports Commission, Track Shack, City of Orlando, Orange County and USA Track & Field will welcome top-seeded athletes to discuss the next day's race. Attendees will take questions from the media and be available for one-on-one interviews following the press conference. Credentials are NOT required to cover this event. Press conference attendees to be announced the week of the race.

**4 P.M.**                **Photographers Meeting**  
***MANDATORY for All Photographers.***  
Finish line access and lead vehicle access is limited to pre-approved photographers. Photographers will be able to access the course in areas open to the public.

## SATURDAY, FEBRUARY 3

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- 7 A.M. - 4 P.M.**     **Media Center Open**
- 9:50 A.M.**         **Welcome and National Anthem**  
Start Line - N. Rosalind Ave. and E. Livingston St.
- 10:00 A.M.**         **Live stream begins on Peacock**
- 10:10 A.M.**         **Men's race begins**
- 10:20 A.M.**         **Women's race begins**
- 12 P.M.**             **Tape-delayed broadcast begins on NBC**
- 12 P.M.**             **Mixed Zone opens**  
N. Rosalind Ave. and E. Robinson St.
- 12:18 P.M.**         **Approximate finishing time of men's race winner**
- 12:40 P.M.**         **Approximate finishing time of women's race winner**
- 12:45 P.M.**         **Men's Post-Race Press Conference**  
*Top three men's finishers*  
Media Center
- 1:15 P.M.**         **Women's Post-Race Press Conference**  
*Top three women's finishers*  
Media Center
- 2 P.M.**             **Mixed Zone closes**

## SUNDAY, FEBRUARY 4

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- 7:30 AM:**             **Orlando Magic 5K**  
Lake Eola Park
- 8:30 A.M.**             **1 Mile Fun Run**
- 8:45 A.M.**             **Kids' Run**





U.S. OLYMPIC  
TEAM TRIALS  
MARATHON

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# RACE FACTS

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# QUALIFYING STANDARDS

## QUALIFYING STANDARDS FOR 2024 OLYMPIC TEAM TRIALS – MARATHON

To be eligible to compete in the 2024 U.S. Olympic Team Trials – Marathon, runners were required to meet the following qualifying standards between January 1, 2022, and December 5, 2023, for a marathon or between January 1, 2022, and December 5, 2023, for a half marathon.

### MEN

Marathon: 2:18:00 and under

Half Marathon: 1:03:00 and under

### WOMEN

Marathon: 2:37:00 and under

Half Marathon: 1:12:00 and under

**NOTE:** The top three women at the Trials who have run 2:29:30 or faster between November 1, 2022, and February 3, 2024, will go to the Olympics.

*As of publication of this Media Guide, the top TWO finishers in the men’s race will be named to Team USA for the Paris 2024 Olympics if they finish the Trials in 2:11:30 or faster or if they have done so on a World Athletics-certified course in the qualifying period of November 1, 2022, to February 3, 2024. This is due to U.S. men earning two automatic qualifying spots by recording two finishing times of 2:08:10 or faster during that window. If any of the top three finishers in Orlando (other than Conner Mantz or Clayton Young, who have already run those times) runs 2:08:10 or faster, a third spot will be instantly “unlocked,” and the third-place finisher will also be named to Team USA. If none of the top three finishers does so, the third-place finisher could still be named to the team based on the Road to Paris rankings that will be finalized on May 5, 2024, so long as he has run 2:11:30 or faster during the qualifying window.*

### 2024 PARIS OLYMPIC GAMES

The men’s marathon will be held on August 10  
and the women’s marathon on August 11.



## MEN

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**Qualified: 228**

**Via Marathon: 219**

**Via Half Marathon: 7**

**Via 2020 U.S. Olympic Marathon Team: 2**

**Entrants: 215**

**Via Marathon: 206**

**Via Half Marathon: 7**

**Via 2020 U.S. Olympic Marathon Team: 2**

## WOMEN

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**Qualified: 173**

**Via Marathon 158**

**Via Half Marathon: 15**

**Entrants: 165**

**Via Marathon: 153**

**Via Half Marathon: 12**

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### OLDEST QUALIFIERS ENTERED

**MEN:** Abdi Abdirahman, 47, Tucson, AZ, via 2020 U.S. Olympic Marathon Team

**WOMEN:** Dot McMahan, 47, Oakland Township, MI, 2:35:22

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### YOUNGEST QUALIFIERS ENTERED

**MEN:** Adam Sjolund, 22, Bonney Lake, WA, 2:17:02

**WOMEN:** Ava Nuttall, 22, Oxford, OH, 2:35:09

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### NUMBER OF MASTERS (AGE 40+) ATHLETES ENTERED

**MEN:** 10, Trials record

**WOMEN:** 7

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### ENTRANTS WHO HAVE QUALIFIED FOR THE MOST MARATHON TRIALS

**MEN (4):** Abdi Abdirahman, Fernando Cabada, Sergio Reyes and Galen Rupp, 5-time qualifiers (2008, 2012, 2016, 2020 and 2024)

**WOMEN (2):** Desiree Linden (née Davila) and Dot McMahan, 5-time qualifiers (2008, 2012, 2016, 2020 and 2024)

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### TOP 10 STATES WITH MOST ATHLETES ENTERED

**Colorado:** 40 men, 31 women = 71

**California:** 25 men, 10 women = 35

**Arizona:** 16 men, 16 women = 32

**Michigan:** 14 men, 15 women = 29

**Massachusetts:** 17 men, 8 women = 25

**Utah:** 10 men, 5 women = 15

**Minnesota:** 7 men, 7 women = 14

**North Carolina:** 6 men, 8 women = 14

**New York:** 11 men, 3 women = 14

**Oregon:** 5 men, 9 women = 14

# COURSE: TURN BY TURN

## 2.2 MILE LOOP [run 1x]

Start on Magnolia Ave and proceed north to Colonial Drive [HWY 50] – go left

Colonial Dr to Orange Avenue – go left

Orange Ave to Anderson Street – go left

Anderson St to Rosalind Avenue – go left

*2.2 mile loop ends on Rosalind Avenue*

## 8-MILE LOOP [run 3x]

Rosalind Avenue to Washington Street – go left

Washington Street to Orange Avenue – go left

Orange Avenue to Turn Around point just south of Gore Street intersection

Orange Avenue [turns into Rosalind Ave.] to Anderson Street – go right

Anderson to N. Crystal Lake – go left

N. Crystal Lake Drive to Livingston Street – go left

Livingston Street to Bumby Avenue – go left

Bumby Avenue to Robinson Street – go left

Robinson Street to S. Crystal Lake Drive – go right

S. Crystal Lake Drive to South Street – go right

South Street to Rosalind Avenue

*After 3rd lap – proceed down Rosalind Ave. past Washington St. to Finish*



# U.S. OLYMPIC TEAM TRIALS

## MARATHON

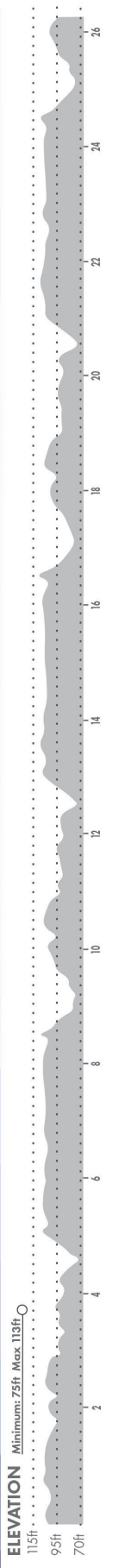
FEBRUARY 3, 2024  
ORLANDO, FL



- 1 Lap (2.2 Mile Loop)
- 3 Laps (8 Mile Loop)
- General Hydration
- Personal Hydration



(REV 10/23)



**ELEVATION** Minimum: 75ft Max: 113ft

# STAGING AREA MAP





U.S. OLYMPIC  
TEAM TRIALS  
MARATHON

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# TRIALS HISTORY

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# PAST CHAMPIONS

## PAST U.S. OLYMPIC TEAM TRIALS – MARATHON CHAMPIONS

### MEN

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1968:	George Young.....	2:30:48
1972:	Frank Shorter/Kenny Moore (intentional tie) .....	2:15:58
1976:	Frank Shorter .....	2:11:51
1980:	Tony Sandoval.....	2:10:19
1984:	Pete Pfitzinger .....	2:11:43
1988:	Mark Conover.....	2:12:26
1992:	Steve Spence.....	2:12:43
1996:	Bob Kempainen.....	2:12:45
2000:	Rod DeHaven .....	2:15:30
2004:	Alan Culpepper.....	2:11:42
2008:	Ryan Hall .....	2:09:02*
2012:	Meb Keflezighi.....	2:09:08
2016:	Galen Rupp .....	2:11:12
2020:	Galen Rupp .....	2:09:20

### WOMEN

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1984:	Joan Benoit.....	2:31:04
1988:	Margaret Groos.....	2:29:50
1992:	Janis Klecker.....	2:30:12
1996:	Jenny Spangler.....	2:29:54
2000:	Chris Clark.....	2:33:31
2004:	Colleen De Reuck.....	2:28:25
2008:	Deena Kastor .....	2:29:35
2012:	Shalane Flanagan.....	2:25:38*
2016:	Amy Cragg .....	2:28:20
2020:	Aliphine Tuliamuk .....	2:27:23

# RACE HISTORY

## MEN

Before 1968, the U.S. Olympic Marathon team was selected on the basis of results from a series of marathon races, often including Boston, Yonkers and Culver City. But since then, it's been chosen at the U.S. Olympic Team Trials – Marathon, a single race with the top three making Team USA, assuming they meet Olympic standards.

### 1968: Alamosa, Colorado | Sunday, August 18

5.2-mile loop 5 times, plus 385 yards

129 Entrants | 113 Starters | 63 Finishers, at altitude

- 1) George Young (AZ)..... 2:30:48
- 2) Kenny Moore (OR)..... 2:31:47
- 3) Ron Daws (MN)..... 2:33:09
- 4) Bob Deines (CA)..... 2:33:13
- 5) Steve Matthews (CO)..... 2:33:17

George Young won a bronze medal in the 1968 Mexico City 3000-meter steeplechase, and placed 16th (2:31:15) in the marathon. In 1972, he competed on his fourth Olympic team, at 5000 meters. Kenny Moore suffered massive blisters and finished 14th (2:29:50). Four years later, he placed fourth in Munich, later writing a story about it for *Sports Illustrated* that launched his distinguished career there. Ron Daws finished 22nd (2:33:53) in Mexico City. He died from a heart attack in 1992 at age 55.

### 1972: Eugene, Oregon | Sunday, July 9

Time Standard = 2:30:00

100 Starters | 66 Finishers

- 1) Kenny Moore (OR)..... 2:15:58
- 1) Frank Shorter (CO)..... 2:15:58
- 3) Jack Bachelier (FL)..... 2:20:30
- 4) Jeff Galloway (FL)..... 2:20:30
- 5) Greg Brock (CA)..... 2:22:30

Frank Shorter and Kenny Moore intentionally tied after building a big lead together early. "We didn't have any discussion about tying. We didn't need to. It was part of our friendship, our trust in each other," Shorter told *Amy Burfoot* for a *Runner's World* story in 2007. Shorter went on to win the Olympic gold medal in Munich.

### 1976: Eugene, Oregon | Saturday, May 22

Time standard: 2:23:00

87 Qualifiers | 77 Starters | 49 Finishers

- 1) Frank Shorter (FL)..... 2:11:51
- 2) Bill Rodgers (MA)..... 2:11:58
- 3) Don Kardong (WA)..... 2:13:54
- 4) Tony Sandoval (CA)..... 2:14:58
- 5) Tom Fleming (NJ)..... 2:15:48

Until Galen Rupp repeated in 2020, Frank Shorter was the only man to win two Olympic Marathon Trials. He and Rodgers, the race favorites, ran together for about 24 miles. Shorter would win silver in Munich, and Kardong would finish fourth.



### 1980: Buffalo, New York | Saturday, May 24

Time Standard = 2:21:54

269 Qualifiers | 192 Starters | 125 Finishers

- 1) Tony Sandoval (NM)..... 2:10:19
- 2) Benji Durden (GA) ..... 2:10:41
- 3) Kyle Heffner (TX)..... 2:10:55
- 4) Ron Tabb (TX)..... 2:12:39
- 5) Jeff Wells (TX)..... 2:13:16

*Because of the 1980 Olympic boycott by the U.S., the team did not compete in Moscow.*

### 1984: Buffalo, New York | Saturday, May 26

Time Standard = 2:19:04

201 Qualifiers | 172 Starters | 108 Finishers

- 1) Pete Pfitzinger (NY) ..... 2:11:43
- 2) Alberto Salazar (OR) ..... 2:11:44
- 3) John Tuttle (GA)..... 2:11:50
- 4) Dave Gordon (OR)..... 2:11:59
- 5) Dean Matthews (OR) ..... 2:12:25

*Pete Pfitzinger lost his lead in the last mile only to reclaim it for the victory. He would finish 11th in the Los Angeles Games; Alberto Salazar would be 14th.*

### 1988: Jersey City, New Jersey | Sunday, April 24

Time standard = 2:20:00

132 Qualifiers | 115 Starters | 77 Finishers

Prize Money = \$150,000

- |                              |         |          |
|------------------------------|---------|----------|
| 1) Mark Conover (CA) .....   | 2:12:26 | \$50,000 |
| 2) Ed Eyestone (UT).....     | 2:12:49 | \$25,000 |
| 3) Pete Pfitzinger (MA)..... | 2:13:09 | \$20,000 |
| 4) Paul Gompers (MA) .....   | 2:14:20 | \$15,000 |
| 5) Mark Curp (MO).....       | 2:14:40 | \$10,000 |

*Mark Conover's win was a major upset, in a personal best of more than six minutes. "It was just one of those days," he told Burfoot for Runner's World in 2007. "I never had another one like it. I felt like I was out on one of my relaxed Sunday long runs. Every time I did a body check, the report came back, 'All systems go.' Ed and I broke away from the pack on a hill just past 16 miles, and we helped each other the rest of the way." Prize money was awarded for the first time.*



# RACE HISTORY

## MEN

### 1994: Columbus, Ohio | Saturday, April 11

Time Standard = 2:20:00

108 Qualifiers | 102 Starters | 55 Finishers

Prize Money = \$214,000

1) Steve Spence (PA) .....	2:12:43	\$58,000
2) Ed Eyestone (UT).....	2:12:51	\$48,000
3) Bob Kempainen (MN).....	2:12:54	\$38,000
4) Keith Brantly (FL) .....	2:14:16	\$15,000
5) Bill Reifsnyder (NM) .....	2:15:45	\$10,000

*Bill Reifsnyder and Keith Brantly tried to run away with the race, but near 22 miles the trio of Steve Spence, Ed Eyestone and Bob Kempainen caught the duo.*

### 1996: Charlotte, North Carolina | Saturday, February 17

Time Standard = 2:20:00 (A); 2:22:00 (B)

135 Qualifiers | 116 Starters | 90 Finishers

Prize Money = \$250,000

1) Bob Kempainen (MN) .....	2:12:45	\$100,000
2) Mark Coogan (CO) .....	2:13:05	\$40,000
3) Keith Brantly (FL) .....	2:13:22	\$30,000
4) Steve Plasencia (MN) .....	2:14:20	\$20,000
5) Marco Ochoa (CO) .....	2:14:22	\$15,000

*Bob Kempainen, who took a brief leave from medical school to train for the Trials, won despite vomiting repeatedly near the end of the race. "This guy is the toughest human being on the face of the earth," Keith Brantly said afterward. "I would have started crying and stopped."*

### 2000: Pittsburgh, Pennsylvania | Sunday, May 7

Time standard = 2:20 (A), 2:22:00 (B)

114 Qualifiers | 99 Starters | 78 Finishers

Prize Money = \$225,000

1) Rod DeHaven (WI).....	2:15:30	\$75,000
2) Peter DeLaCerde (CO).....	2:16:18	\$25,000
3) Mark Coogan (MD) .....	2:17:04	\$20,000
4) Scott Larson (CO) .....	2:17:15	\$17,500
5) Eddy Hellebuyck (NM) .....	2:18:30	\$15,000

*Rod DeHaven won, but with the Olympic "B" time standard he was the sole representative for the U.S. in the Olympic Marathon. It was the only time in history the U.S. did not field a full team, and that low point helped prompt a return to a club system that would help produce two U.S. Olympic marathon medalists just four years later.*



### 2004: Birmingham, Alabama | Saturday, February 7

Time standard = 2:20:00 (A), 2:22 (B)

104 Qualifiers | 85 Starters | 70 Finishers

Prize Money = \$271,000

1) Alan Culpepper (CO) .....	2:11:42	\$89,000
2) Meb Keflezighi (CA) .....	2:11:47	\$60,500
3) Dan Browne (OR) .....	2:12:02	\$47,000
4) Trent Briney (MI) .....	2:12:35	\$16,000
5) Clint Verran (MI) .....	2:14:37	\$13,000

*Meb Keflezighi would go on to win a surprise Olympic silver medal in Athens, training with Mammoth Track Club, which was formed in 2001. Coming into Olympic marathon, 38 runners had faster personal bests. Defying expectations would become a hallmark of Meb's long career.*

### 2008: New York City, New York | Saturday, November 3, 2007

Time standard = 2:20:00 (A), 2:22:00 (B) Also: (B) 5000m (track) = 13:40:00 & 10,000m (track) = 28:45:00

179 Qualifiers | 130 Starters | 104 Finishers

Prize Money = \$250,000

1) Ryan Hall (CA).....	2:09:02	\$80,000
2) Dathan Ritzenhein (OR).....	2:11:07	\$60,000
3) Brian Sell (MI) .....	2:11:40	\$50,000
4) Khalid Khannouchi (NY) .....	2:12:34	\$20,000
5) Jason Lemkuhle (MN).....	2:12:54	\$12,000

*Ryan Hall ran a brave and brilliant race in Central Park for the only marathon victory of his career, in a still-standing Trials record. Tragedy struck early, however, when Ryan Shay collapsed just past 5 miles and was pronounced dead of a heart attack.*

### 2012: Houston, Texas | Saturday, January 14

Time standard = 2:19:00 (A); no (B) Also (A): half-marathon = 1:05:00 and 10,000m (track) = 28:30.00

158 Qualifiers | 111 Starters | 85 Finishers

Prize Money = \$260,500

1) Meb Keflezighi (CA) .....	2:09:08	\$74,000
2) Ryan Hall (CA).....	2:09:30	\$63,000
3) Abdi Abdirahman (AZ) .....	2:09:47	\$52,000
4) Dathan Ritzenhein (CO).....	2:09:55	\$21,000
5) Brett Gotcher (AZ) .....	2:11:06	\$15,500

*For the first time, the top four men all ran under 2:10 at the Trials. Dathan Ritzenhein just missed the team, but would end up making Team USA for the London Games at 10,000 meters. Abdi Abdirahman made his fourth Olympic team, after competing at 10,000 meters in 2000, 2004 and 2008.*

# RACE HISTORY

## MEN

### 2016: Los Angeles, California | Saturday, February 13

Time Standard = Time standard = 2:15:00 (A), 2:19:00 (B) Also (B): half-marathon = 1:05:00

211 Qualifiers | 166 Starters | 105 Finishers

Prize Money = \$300,000

1) Galen Rupp (OR).....	2:11:12	\$80,000
2) Meb Keflezighi (CA) .....	2:12:20	\$65,000
3) Jared Ward (UT) .....	2:13:00	\$55,000
4) Luke Puskedra (OR) .....	2:14:12	\$25,000
5) Tyler Pennel (NC).....	2:14:57	\$20,000

Rupp, the 2012 Olympic silver medalist at 10,000 meters who announced just two weeks before that he would run the Trials as his first marathon, pulled away from 40-year-old Meb Keflezighi, who was running his 23rd, in Mile 23. Rupp was the first man to win the Trials as a rookie since George Young in 1968, and would go on to win the bronze medal in Rio.

### 2020: Atlanta, Georgia | Saturday, February 29

An initial 2.2-mile loop and then three 8-mile loops, ending in Centennial Olympic Park.

Time Standard = 2:15 (A), 2:19:00 (B) Also (B): half-marathon = 1:04:00

261 Qualifiers | 227 Starters | 175 Finishers

Prize Money = \$480,000

1) Galen Rupp (OR).....	2:09:20	\$80,000
2) Jake Riley (CO).....	2:10:02	\$65,000
3) Abdi Abdirahman (UT) .....	2:10:03	\$55,000
4) Leonard Korir (AZ) .....	2:10:06	\$20,000
5) Augustus Maiyo (CO) .....	2:10:47	\$10,000

Running largely alone from the start on a chilly and gusty day, Brian Shrader (who would not finish) hit the halfway point in 1:04:53 before Galen Rupp caught him at 16 miles. By 20 miles Rupp had a commanding lead. Behind him, a titanic battle was taking place for second and third among Abdi Abdirahman, Leonard Korir and Augustus Maiyo, with Jake Riley joining the fray at 24 miles. It wasn't until the final incline on the challenging course that Abdirahman and Riley pulled away; they would duel to the finish with Korir giving frantic chase but falling short. Rupp would become the first man to defend his Trials title since Frank Shorter in 1976; Abdirahman – at age 43 – would become the oldest Team USA marathoner in history as he made his fifth Olympic team.

Stat Sources: USATF, EventPro

### 1984: Olympia, Washington | Saturday, May 12

Time Standard = 2:51:16

267 Qualifiers | 238 Starters | 196 Finishers

- 1) Joan Benoit (ME) ..... 2:31:04
- 2) Julie Brown (OR) ..... 2:31:41
- 3) Julie Isphording (OH) ..... 2:32:26
- 4) Lisa Larsen (MI) ..... 2:33:10
- 5) Margaret Groos (VA) ..... 2:33:38

*Just 17 days after undergoing arthroscopic knee surgery, 26-year-old Joan Benoit took the lead at Mile 12 and eventually won by 37 seconds. She would go on to become the first woman to win an Olympic gold medal in the marathon (which was contested in the Olympics for the first time in the 1984 Games) when she triumphed on the streets of Los Angeles on August 5.*

### 1988: Pittsburgh, Pennsylvania | Sunday, May 1

Time Standard = 2:50:00

246 Qualifiers | 204 Starters | 159 Finishers

Prize Money = \$157,500

- |                              |         |          |
|------------------------------|---------|----------|
| 1) Margaret Groos (FL).....  | 2:29:50 | \$25,000 |
| 2) Nancy Ditz (CA).....      | 2:30:14 | \$25,000 |
| 3) Cathy O'Brien (NH).....   | 2:30:18 | \$25,000 |
| 4) Lisa Weidenbach (MI)..... | 2:31:06 | \$15,000 |
| 5) Kim Jones (WA).....       | 2:32:16 | \$10,000 |

*Cathy O'Brien, at the age of 20, is still the youngest woman to make a U.S. Olympic Marathon team.*

### 1992: Houston, Texas | Sunday, January 26

Time standard: 2:45:00

118 Qualifiers | 89 Starters | 65 Finishers

Prize Money = \$77,500

- |                                    |         |          |
|------------------------------------|---------|----------|
| 1) Janis Klecker (MN).....         | 2:30:12 | \$20,000 |
| 2) Cathy O'Brien (NH).....         | 2:30:26 | \$20,000 |
| 3) Francie Larrieu Smith (TX)..... | 2:30:39 | \$20,000 |
| 4) Lisa Weidenbach (WA).....       | 2:33:32 | \$5,000  |
| 5) Christine McNamara (CO).....    | 2:34:35 | \$4,000  |

*Janis Klecker fell 15 miles into the race, only to be helped up by Cathy O'Brien before going on to win. Lisa Weidenbach finished fourth, just off the team, for the third consecutive Trials. Francie Larrieu Smith made her fifth Olympic team after four on the track.*

# RACE HISTORY

## WOMEN

### 1996: Columbia, South Carolina | Saturday, February 10

Time Standard = 2:42:00 (A), 2:50:00 (B)

187 Qualifiers | 160 Starters | 129 Finishers

Prize Purse = \$250,000

1) Jenny Spangler (IL) .....	2:29:54	\$45,000
2) Linda Somers (CA).....	2:30:06	\$40,000
3) Anne Marie Lauck (GA).....	2:31:18	\$35,000
4) Gwyn Coogan (CO) .....	2:33:51	\$18,000
5) Kristy Johnston (CO).....	2:34:21	\$16,000

*Jenny Spangler was largely unknown before winning in a huge upset. "I didn't know if she was for real or stupid," said the third-place Anne Marie Lauck. "My hat's off to her, but honestly, I didn't know who she was." Spangler had finished 49th in the 1988 Trials, and then took six years off of competitive running before quietly gearing up for another shot.*

### 2000: Columbia, South Carolina | Saturday, February 26

Time Standard = 2:42:00 (A), 2:50:00 (B)

210 Qualifiers | 170 Starters | 141 Finishers

Prize Money = \$230,000

1) Chris Clark (AK).....	2:33:31	\$45,000
2) Kristy Johnston (WV) .....	2:35:36	\$30,000
3) Anne Marie Lauck (NJ) .....	2:36:05	\$25,000
4) Susannah Beck (OR) .....	2:36:46	\$18,000
5) Liz Wilson (OR).....	2:37:27	\$16,000

*If Jenny Spangler was little known, Christine Clark was a total stranger. A 37-year-old pathologist from Alaska, she had done most of her training on a treadmill, and had finished 76th in the 1996 Trials. As with the men that year, only the top woman had the Olympic "B" time standard, good for one team spot.*

### 2004: St. Louis, Missouri | Saturday, April 3

Time standard = 2:39:59 (A), 2:48:00 (B)

151 Qualifiers | 121 Starters | 106 Finishers

Prize Money = \$250,000

1) Colleen De Reuck (CO) .....	2:28:25	\$45,000
2) Deena Kastor (CA) .....	2:29:38	\$40,000
3) Jen Rhines (CA) .....	2:29:57	\$35,000
4) Blake Russell (MA).....	2:30:32	\$18,000
5) Magdalena Lewy Boulet (CA)....	2:30:50	\$16,000

*Colleen De Reuck, at 39, became the oldest woman to make a U.S. Olympic Marathon team in an upset over Deena Kastor, running the fastest time in the event since 1988. But it was Kastor who would go on to win the Olympic bronze medal in the heat of Athens.*



### 2008: Boston, Massachusetts | Sunday, April 20

Time Standard = 2:39:00 (A), 2:47:00 (B) Also, (B) for 10,000m (track) = 33:00:00

181 Qualifiers | 146 Starters | 124 Finishers

Prize Money = \$250,000

1) Deena Kastor (CA) .....	2:29:35	\$60,000
2) Magdalena Lewy Boulet (CA) ...	2:30:19	\$50,000
3) Blake Russell (CA).....	2:32:40	\$40,000
4) Zoila Gomez (CO) .....	2:33:53	\$20,000
5) Tera Moody (CO).....	2:33:54	\$15,000

*Deena Kastor came back to win after being upset in 2004.*

### 2012: Houston, Texas | Saturday, January 14

Time Standard = 2:39:00 (A); 2:46:00 (B) Also (B) Half Marathon = 1:15:00 and 10,000m (track) = 33:00.00

225 Qualifiers | 183 Starters | 152 Finishers

Prize Money = \$260,500

1) Shalane Flanagan (OR) .....	2:25:38	\$74,000
2) Desiree Davila (MI) .....	2:25:55	\$63,000
3) Kara Goucher (OR) .....	2:26:06	\$52,000
4) Amy Hastings (CA) .....	2:27:17	\$21,000
5) Janet Cherobon-Bawcom (GA)..	2:29:45	\$15,500

*Five women finished under 2:30 in the Trials for the first time, with Shalane Flanagan setting a Trials record to make her first marathon team after trips to the Olympics at 5000 meters (2004 and 2008) and Olympic silver at 10,000 meters in 2008.*

### 2016: Los Angeles, California | Saturday, February 13

*An initial 2.2-mile loop and then four 6-mile loops*

Time standard = 2:37:00 (A) 2:45:00 (B) Also (B): half-marathon = 1:15:00

246 Qualifiers | 98 Starters | 149 Finishers

Prize Money = \$300,000

1) Amy Cragg (OR).....	2:28:20	\$80,000
2) Des Linden (MI).....	2:28:54	\$65,000
3) Shalane Flanagan (OR) .....	2:29:19	\$55,000
4) Kara Goucher (CO) .....	2:30:24	\$25,000
5) Janet Bawcom (AZ) .....	2:31:14	\$20,000

*Breaking away early, training partners Shalane Flanagan and Amy Cragg ran together for 24 miles, the last several of which consisted largely of Cragg encouraging her heat-stricken partner forward. Flanagan hung on to finish third after being passed in the last mile by a disciplined Des Linden, who at Mile 21 was 1:02 behind the duo. The three would all go on to finish in the top 10 in Rio, the best overall performance ever by the U.S. women.*

# RACE HISTORY

## WOMEN

### 2020: Atlanta, Georgia Saturday | February 29

*An initial 2.2-mile loop and then three 8-mile loops, ending in Centennial Olympic Park.*

Time standard = 2:37:00 (A) 2:45:00 (B) Also (B): half-marathon = 1:13:00

511 Qualifiers | 444 Starters | 390 Finishers

Prize Money = \$240,000

1) Aliphine Tuliamuk (AZ) .....	2:27:23	\$80,000
2) Molly Seidel (MA) .....	2:27:31	\$65,000
3) Sally Kipyego (OR) .....	2:28:52	\$55,000
4) Des Linden (MI).....	2:29:03	\$20,000
5) Laura Thweatt (CO) .....	2:29:08	\$10,000

*With 444 starters, the women's field was by far the largest in Trials history. At the half (1:14:38) there were 14 women in the lead pack; by 20 miles there were still 10 women within nine seconds of the lead. A mile later, Aliphine Tuliamuk and Molly Seidel would take off, with Sally Kipyego tagging along just behind and Kellyn Taylor, Laura Thweatt, Des Linden and Emma Bates chasing. In Mile 22, Tuliamuk and Seidel would work together to widen their lead before the eventual winner pulled ahead just before the Mile 25 marker. Des Linden, trying to make her third Olympic marathon team, was gaining on Kipyego in the final mile but had to settle for fourth. The eight-second margin between Tuliamuk and Seidel was the closest 1-2 finish ever, with Seidel becoming the first woman to make the team in her debut at the distance after qualifying with a half-marathon time.*

Stat Sources: USATF, EventPro

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U.S. OLYMPIC  
TEAM TRIALS  
MARATHON

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# RECORDS / LISTS

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# US OLYMPIC TEAM TRIALS RECORDS

## MARATHON EVENT RECORD

<b>MEN:</b>	2:09:02	Ryan Hall, New York, NY 2007
<b>WOMEN:</b>	2:25:38	Shalane Flanagan, Houston, TX 2012

## MARATHON RECORD PROGRESSION

### MEN

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2:30:48 George Young, Alamosa, CO, 1968

2:15:58 (tie) Kenny Moore, Eugene, OR, 1972

2:15:58 (tie) Frank Shorter, Eugene, OR, 1972

2:11:51 Frank Shorter, Eugene, OR, 1976

2:10:19 Tony Sandoval, Buffalo, NY, 1980

2:09:02 Ryan Hall, New York City, NY, 2008\*

*\*held in November 2007*

### WOMEN

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2:31:04 Joan Benoit, Olympia, WA, 1984

2:29:50 Margaret Groos, Pittsburgh, PA, 1988

2:28:25 Colleen De Reuck, St. Louis, MO, 2004

2:25:38 Shalane Flanagan, Houston, TX 2012

Source: USATF and Running USA

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# FASTEST TIMES

## TOP 10 TIMES IN U.S. OLYMPIC TEAM TRIALS – MARATHON

### MEN

TIME	PLACE	ATHLETE
2:09:02	1	Ryan Hall (2008)
2:09:08	1	Meb Keflezighi (2012)
2:09:20	1	Galen Rupp (2020)
2:09:30	2	Ryan Hall (2012)
2:09:47	3	Abdi Abdirahman (2012)
2:09:55	4	Dathan Ritzenhein (2012)
2:10:02	2	Jake Riley (2020)
2:10:03	3	Abdi Abdirahman (2020)
2:10:06	4	Leonard Korir (2020)
2:10:19	1	Tony Sandoval (1980)

### WOMEN

TIME	PLACE	ATHLETE
2:25:38	1	Shalane Flanagan (2012)
2:25:55	2	Desiree Davila (2012)
2:26:06	3	Kara Goucher (2012)
2:27:17	4	Amy Hastings (2012)
2:27:23	1	Aliphine Tuliamuk (2020)
2:27:31	2	Molly Seidel (2020)
2:28:20	1	Amy Hastings Cragg (2016)
2:28:25	1	Colleen De Reuck (2004)
2:28:52	3	Sally Kipyego (2020)
2:28:54	2	Desiree Davila Linden (2016)

## BEST TIME FOR PLACE

PLACE	TIME	ATHLETE
1st	2:09:02	Ryan Hall (2008)
2nd	2:09:30	Ryan Hall (2012)
3rd	2:09:47	Abdi Abdirahman (2012)
4th	2:09:55	Dathan Ritzenhein (2012)
5th	2:10:47	Augustus Maiyo (2020)
6th	2:11:24	Andrew Carlson (2012)
7th	2:11:49	Clayton (CJ) Albertson (2020)
8th	2:11:56	Nick Arciniaga (2012)
9th	2:12:14	Colin Bennie (2020)
10th	2:12:19	Matt McDonald (2020)
11th	2:12:34	Tyler Pannel (2020)
12th	2:12:39	Scott Fauble (2020)
13th	2:13:04	Haron Lagat (2020)
14th	2:13:27	Brendan Gregg (2020)
15th	2:13:45	Colin Mickow (2020)

PLACE	TIME	ATHLETE
1st	2:25:38	Shalane Flanagan (2012)
2nd	2:25:55	Desiree Davila (2012)
3rd	2:26:06	Kara Goucher (2012)
4th	2:27:17	Amy Hastings (2012)
5th	2:29:08	Laura Thweatt (2020)
6th	2:29:11	Stephanie Bruce (2020)
7th	2:29:35	Emma Bates (2020)
8th	2:29:55	Kellyn Taylor (2020)
9th	2:30:26	Nell Rojas (2020)
10th	2:30:43	Julia Kohnen (2020)
11th	2:31:48	Sarah Sellers (2020)
12th	2:32:05	Lindsay Flanagan (2020)
13th	2:33:14	Brittany Charboneau (2020)
14th	2:34:07	Kate Landau 2:34:07 (2020)
15th	2:34:24	Keira D'Amato (2020)



# MARGINS OF VICTORY

## MARGIN OF VICTORY BY RANK

### MEN

<b>1972:</b>	tie: Frank Shorter and Kenny Moore (2:15:58)
<b>1984:</b>	1 second: Peter Pfitzinger (2:11:43), Alberto Salazar (2:11:44)
<b>2004:</b>	5 seconds: Alan Culpepper (2:11:42), Meb Keflezighi (2:11:47)
<b>1976:</b>	7 seconds: Frank Shorter (2:11:51), Bill Rodgers (2:11:58)
<b>1992:</b>	8 seconds: Steve Spence (2:12:43), Ed Eyestone (2:12:51)
<b>1996:</b>	20 seconds: Bob Kempainen (2:12:45), Mark Coogan (2:13:05)
<b>1980:</b>	22 seconds: Tony Sandoval (2:10:19), Benji Durden (2:10:41)
<b>2012:</b>	22 seconds: Meb Keflezighi (2:09:08), Ryan Hall (2:09:30)
<b>1988:</b>	23 seconds: Mark Conover (2:12:26), Ed Eyestone (2:12:49)
<b>2020:</b>	42 seconds: Galen Rupp (2:09:20), Jake Riley (2:10:02)
<b>2000:</b>	48 seconds: Rod DeHaven (2:15:30), Peter DeLaCerde (2:16:18)
<b>1968:</b>	59 seconds: George Young (2:30:48), Kenny Moore (2:31:47)
<b>2016:</b>	1 minute, 8 seconds: Galen Rupp (2:11:12), Meb Keflezighi (2:12:20)
<b>2008:</b>	2 minutes, 5 seconds: Ryan Hall (2:09:02), Dathan Ritzenhein (2:11:07)

### WOMEN

<b>2020:</b>	8 seconds: Aliphine Tuliamuk (2:27:23), Molly Seidel (2:27:31)
<b>1996:</b>	12 seconds: Jenny Spangler (2:29:54), Linda Somers (2:30:06)
<b>1992:</b>	14 seconds: Janis Klecker (2:30:12), Cathy O'Brien (2:30:26)
<b>2012:</b>	17 seconds: Shalane Flanagan (2:25:38), Desiree Davila (2:25:55)
<b>1988:</b>	24 seconds: Margaret Groos (2:29:50), Nancy Ditz (2:30:14)
<b>2016:</b>	34 seconds: Amy Cragg (2:28:20), Desiree Linden (2:28:54)
<b>1984:</b>	37 seconds: Joan Benoit (2:31:04), Julie Brown (2:31:41)
<b>2008:</b>	44 seconds: Deena Kastor (2:29:35), Magdalena Lewy Boulet (2:30:19)
<b>2004:</b>	1 minute, 13 seconds: Colleen De Reuck (2:28:25), Deena Kastor (2:29:38)
<b>2000:</b>	2 minutes, 5 seconds: Chris Clark (2:33:31), Kristy Johnston (2:35:36)

Stat Sources: USATF, EventPro

# U.S. OLYMPIC FINISHES

## MEN

### U.S. FINISHES IN OLYMPIC GAMES MARATHONS

TRIALS ERA, 1968-2020

#### 1968: MEXICO CITY

14th Kenny Moore  
16th George Young  
22nd Ron Daws

#### 1972: MUNICH

**Gold Medal:** Frank Shorter  
4th Kenny Moore  
9th Jack Bachelar

#### 1976: MONTREAL

**Silver Medal:** Frank Shorter  
4th Don Kardong  
40th Bill Rodgers

#### 1980

(U.S. Boycott)

#### 1984: LOS ANGELES

11th Pete Pfitzinger  
15th Alberto Salazar  
DNF: John Tuttle

#### 1988: SEOUL

14th Pete Pfitzinger  
29th Ed Eyestone  
DNF: Mark Conover  
51st Gary Fanelli (Represented  
American Samoa, A U.S. Territory)

#### 1992: BARCELONA

12th Steve Spence  
13th Ed Eyestone  
17th Bob Kempainen

#### 1996: ATLANTA

28th Keith Brantley  
31st Bob Kempainen  
41st Mark Coogan

#### 2000: SYDNEY

69th Rod DeHaven  
(Only U.S. Representative)

#### 2004: ATHENS

**Silver Medal:** Meb Keflezighi  
12th Alan Culpepper  
65th Dan Browne

#### 2008: BEIJING

9th Dathan Ritzenhein  
10th Ryan Hall  
22nd Brian Sell

#### 2012: LONDON

4th Meb Keflezighi  
DNF: Ryan Hall, Abdi Abdirahman

#### 2016: RIO DE JANEIRO

**Bronze Medal:** Galen Rupp  
6th Jared Ward  
33rd Meb Keflezighi

#### 2020: SAPPORO (Tokyo Games)

8th Galen Rupp  
28th Jake Riley  
40th Abdi Abdirahman



### U.S. FINISHES IN OLYMPIC GAMES MARATHONS

TRIALS ERA, 1968-2020

#### 1984: LOS ANGELES

**Gold Medal:** Joan Benoit  
36th Julie Brown  
DNF: Julie Isphording

#### 1988: SEOUL

17th Nancy Ditz  
39th Margaret Groos  
40th Cathy O'Brien

#### 1992: BARCELONA

10th Cathy O'Brien  
12th Francie Larrieu Smith  
21st Janis Klecker

#### 1996: ATLANTA

10th Anne Marie Lauck  
31st Linda Somers  
DNF: Jenny Spangler

#### 2000: SYDNEY

19th Chris Clark  
(only U.S. representative)

#### 2004: ATHENS

**Bronze Medal:** Deena Kastor  
34th Jen Rhines  
39th Colleen De Reuck

#### 2008: BEIJING

27th Blake Russell  
DNF: Deena Kastor,  
Magdalena Lewy Boulet

#### 2012: LONDON

9th Shalane Flanagan  
10th Kara Goucher  
DNF: Des Linden

#### 2016: RIO DE JANEIRO

6th Shalane Flanagan  
7th Des Linden  
9th Amy Cragg

#### 2020: SAPPORO (Tokyo Games)

**Bronze Medal:** Molly Seidel  
17th Sally Kipyego  
DNF: Aliphine Tuliamuk



U.S. OLYMPIC  
TEAM TRIALS  
MARATHON

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# MENS BIOS

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# ATHLETE BIO

## CONNER MANTZ

**RESIDENCE:** Provo, UT

**HOMETOWN:** Smithfield, UT

**AGE ON RACE DAY:** 27 (8 December 1996)

**COACH /TEAM:** Ed Eyestone

**BEST QUALIFYING PERFORMANCE:** 2:07:47 (Chicago, 2023)

**MARATHON PB:** Same

**OLYMPIC TRIALS MARATHON HISTORY:** Debut

### CAREER HIGHLIGHTS:

- 6th, 2023 Bank of America Chicago Marathon, 2:07:47
- Winner, 2023 Bolder Boulder 10K
- 2022 USATF 20 km Champion
- 2021 USATF Half Marathon Champion
- 2-time NCAA Cross Country Champion (both in 2021 – due to COVID-19 postponement)



### SNAPSHOT:

Wanting to follow in the footsteps of his father and brother, Conner Mantz ran two half marathons when he was just 12 years old. So, it was fitting that just two weeks after winning his second NCAA Cross Country title, he would win the 2021 USATF Half Marathon Championships in his pro debut. His goal going into the 2022 Bank of America Chicago Marathon was to run the fastest-ever debut at the distance by an American; his 2:08:16 puts him second, behind only Leonard Korir's 2:07:56. Mantz went into his next marathon, Boston 2023, with a goal of finishing in the Top 5; he went through halfway with a lead pack that included Eliud Kipchoge in 1:02:20, on a pace that would have made him the fastest American marathoner in history before finishing 11th in 2:10:25, almost blacking out in the final miles. In Chicago last fall, his 2:07:47 moved him into a tie for #4 American all-time and unlocked an Olympic spot for the U.S.

### FAST FACTS:

Won indoor national high school title at 5,000m in 2014 ... Member of Team USA at World Athletics U-20 Cross Country Championships in 2015 ... Is an Eagle Scout ... Studied mechanical engineering at BYU and worked with other students in research to develop a method that will aid in analyzing DNA ... Said of his 2023 Boston performance, despite a tough second half: "I'm happy about it because I swung for the fences" ... Has trained with Clayton Young going back to 2017 when they became BYU teammates; they are still coached by 2-time Olympic marathoner Ed Eyestone ... Mantz and his wife, Kylie, were married just a week after Chicago 2022 ... Served a two-year mission in Ghana right after high school.

### SOCIAL:



connermantz

# ATHLETE BIO

## CLAYTON YOUNG



**RESIDENCE:** Springville, UT

**HOMETOWN:** American Fork, UT

**AGE ON RACE DAY:** 30 (14 September 1993)

**COACH /TEAM:** Ed Eyestone

**BEST QUALIFYING PERFORMANCE:** 2:08:00 (Chicago 2023)

**MARATHON PB:** Same

**OLYMPIC TRIALS MARATHON HISTORY:** 2020, 136th

### CAREER HIGHLIGHTS:

- 7th, 2023 Bank of America Chicago Marathon, 2:08:00
- 2023 USATF 8 km, 10 km and 20 km Champion
- 2021 USATF 15 km Champion
- 2019 NCAA Champion, 10,000m

### SNAPSHOT:

After a 13-time All-State career at American Fork High School in Utah, Clayton Young left for a two-year Mormon mission in Raleigh, N.C.; at BYU, he became the 2019 NCAA Champion at 10,000 meters. In his first season as a pro, Young qualified for the 2020 U.S. Olympic Team Trials – Marathon via a half marathon time and decided to run it to gain experience for 2024. He finished 136th, in 2:29:46. In 2021, he made his Bank of America Chicago Marathon debut and was in 8th place before collapsing with less than a quarter mile left. He waved off assistance to avoid a DQ but fell twice more before finishing 13th in 2:16:07. A year later, he was on pace for a 2:09 before hitting the wall with two miles left, but still improved his time there to 2:11:51. Last fall in Chicago, he ran a controlled race for 7th, in a big PB of 2:08:00 to make him the 7th-fastest American at the distance and unlock an Olympic spot for the U.S.

### FAST FACTS:

Started off 2023 with knee surgery in February ... Has trained with Conner Mantz going back to 2017 when they became BYU teammates; they are still coached by 2-time Olympic marathoner Ed Eyestone ... Beat Mantz by 1 second to win the USATF 20 km title last fall ... Young and his wife, Ashley, have two daughters: Lucy, 5, and Jenna, 3.

### SOCIAL:





**RESIDENCE:** Portland, OR

**HOMETOWN:** Portland, OR

**AGE ON RACE DAY:** 37 (8 May 1986)

**COACH /TEAM:** Mike Smith

**BEST QUALIFYING PERFORMANCE:** 2:08:48 (8th, Chicago, 2023)

**MARATHON PB:** 2:06:07 (Prague, 2018)

**OLYMPIC TRIALS MARATHON HISTORY:** 2016 Champion (2:11:12, in debut at distance); 2020 Champion (2:09:20)

**OLYMPIC MARATHON HISTORY:** 2016, Bronze Medalist (2:10:05); 2020, 8th (2:11:41)

### CAREER HIGHLIGHTS:

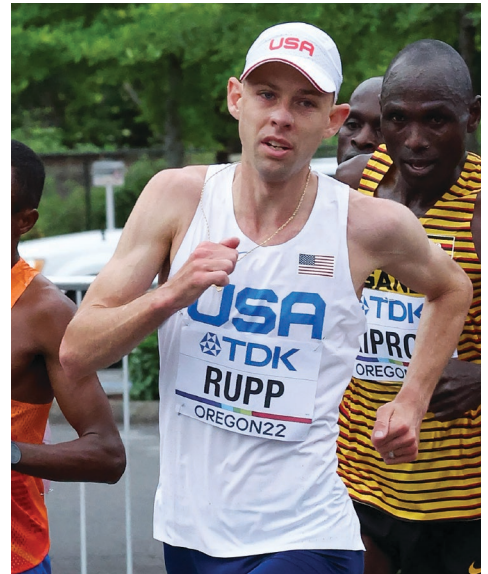
- 4-time Olympian (2008, 10,000m; 2012, 5000m & 10,000m; 2016, 10,000m & Marathon; 2020, Marathon)
- 2012 Olympic Silver Medalist, 10,000m
- 2016 Olympic Bronze Medalist, Marathon
- 2017 Bank of America Chicago Marathon Champion
- 2018 Volkswagen Prague Marathon Champion
- 12-time USATF Champion, including 8-time U.S. 10,000m titlist

### SNAPSHOT:

A speedy freshman on his high school soccer team in 2000, Rupp caught the eye of Alberto Salazar and a career was born. After making the 2008 U.S. Olympic team at 10,000m while still at the University of Oregon, Rupp has gone on to become one of the greatest distance runners in U.S. history. In 2012, he became the first American male since Billy Mills in 1964 to win an Olympic medal at 10,000m and then in 2016 became the first American to own an Olympic medal at both 10,000m and the marathon. Plus, his 2:06:07 in Prague makes him the second-fastest American ever on a record-eligible course. In late 2019, Rupp joined forces with a new coach, Mike Smith, before becoming the first man to defend his title in the Olympic Marathon Trials since Frank Shorter in 1976. Since coming in 8th at the Tokyo Olympics, Rupp has struggled with a back injury that led him to a 19th-place finish at the 2022 World Championships, but he ran 2:08:48 at the Bank of America Chicago Marathon in October 2023 to finish 8th.

### FAST FACTS:

Rupp's PB of 59:47 in the half marathon makes him the second-fastest American at that distance ... Did broadcast commentary at the 2023 TCS New York City Marathon ... He and his wife, Keara, are the parents of four children, including 9-year-old twins.



# ATHLETE BIO

## SAM CHELANGA



**RESIDENCE:** Colorado Springs, CO

**HOMETOWN:** Kabarsel, Kenya

**AGE ON RACE DAY:** 38 (23 February 1985)

**COACH /TEAM:** Army WCAP (World Class Athlete Program)

**BEST QUALIFYING PERFORMANCE:** 2:08:50 (Chicago 2023)

**MARATHON PB:** Same

**OLYMPIC TRIALS MARATHON HISTORY:** 2016, DNF; 2020, 21<sup>st</sup>

**CAREER HIGHLIGHTS:**

- 2016 Olympian, 10,000m
- 7-time USATF Champion (7 Mile, 10K, 12K, 10 Mile twice, 25K, Club Cross Country)

- 2023 Silver Medalist, Pan American Games 10,000m
- 11<sup>th</sup>, 2017 World Athletics Cross Country Championships (Top American)
- 14<sup>th</sup>, 2018 World Athletics Half Marathon Championships (Top American)
- NCAA 10,000m Record-holder (27:08.39, 2010)

### SNAPSHOT:

Back in his native Kenya, Chelanga dreamed about going to college so that he could help the people of his remote village. His brother, Joshua (third in the 2001 Boston Marathon) trained with a man who was willing to help: the legendary Paul Tergat. Flash forward to a Liberty University career that ended in 2011 with four NCAA titles in addition to the still-standing 10,000m record. In 2015 Chelanga became a U.S. citizen, and in 2018 retired from professional running to follow his heart and join the U.S. Army. "I really wanted to give something back," he said of his surprise decision. He's still in the Army – now a captain – but his retirement as a pro runner was brief. In 2023, Chelanga not only competed in his second World Athletics Cross Country Championships (again finishing as Top American), but he also won Pan Am silver on the track less than a month after setting his marathon PB in Chicago.

### FAST FACTS:

On his "retirement" as a pro: "The sport found me again" ... Author of "With the Wind: Finding Victory Within" published in 2020 ... In Kenya, his first shoes were flip-flops made of used tires ... His wife, Marybeth, also qualified for the Trials, with a half marathon time of 1:10:55. They were Liberty University teammates and now have three children: Micah (10), Joe (6) and Jeremiah (5) ... Considers "being a dad" the #1 accomplishment of his life.

### SOCIAL:



samchelanga



# ATHLETE BIO

## SCOTT FAUBLE

**RESIDENCE:** Flagstaff, AZ

**HOMETOWN:** Golden, CO

**AGE ON RACE DAY:** 32 (5 November 1991)

**COACH /TEAM:** Joe Bosshard

**BEST QUALIFYING PERFORMANCE:** 2:08:52 (Boston, 2022)

**MARATHON PB:** Same

**OLYMPIC TRIALS MARATHON HISTORY:** 2020, 12th

### CAREER HIGHLIGHTS:

- 7th, 2019 (2:09:09), 2022 (2:08:52) and 2023 (2:09:44) Boston Marathon (Top American each year)
- 36th, 2017 World Athletics Cross Country Championships
- 4th, 2016 U.S. Olympic Team Trials – Track & Field 10,000m



### SNAPSHOT:

After graduating from the University of Portland in 2015, Fauble signed with HOKA Northern Arizona Elite and just a few months later finished 3rd in the USATF Club Cross Country Championships, leading the team to victory. The next year, he finished 4th at the U.S. Olympic Trials 10,000m and was runner-up in the USATF Half Marathon Championships, stamping himself as a distance star to watch. He ran his debut marathon in Frankfurt, Germany, October 2017 in 2:12:35. His breakthrough came at the 2019 Boston Marathon, where he finished as first American and 7th overall in 2:09:09 – despite coming into the race with the second-slowest seed time in the elite field. It would be the first of Fauble’s trio of Boston Marathon finishes as Top American, and his 2:08:52 there in 2022 remains the fastest time by an American at Boston since Meb Keflezighi’s 2:08:37 win in 2014.

### FAST FACTS:

In 2016, Fauble had an Olympic Marathon Trials qualifier via a 1:03:59 half marathon time, but opted to run the 10,000m ... Fauble and his then-coach, Ben Rosario, documented their four-month training journey to the 2018 TCS New York City Marathon in a book, “Inside a Marathon” ... Known for his love for and deep knowledge of burritos ... Still lives in Flagstaff but does his marathon buildups in Boulder with coach Joe Bosshard .... Had to drop out of 2023 BMW Berlin Marathon last September just before 30K.

### SOCIAL:

 sfaubs     @scottfaubs

# ATHLETE BIO

## ELKANAH KIBET



**RESIDENCE:** Colorado Springs, CO

**HOMETOWN:** Kamariny, Kenya

**AGE ON RACE DAY:** 40 (2 June 1983)

**COACH /TEAM:** Richard Mett

**BEST QUALIFYING PERFORMANCE:** 2:09:07 (Boston, 2022)

**MARATHON PB:** Same

**OLYMPIC TRIALS MARATHON HISTORY:** 2016, 19th; 2020, 16th

### CAREER HIGHLIGHTS:

- 4-time member of Team USA for World Athletics Championships Marathon (2017, 2019, 2022-23); best finish was 16th in 2017
- 4th, 2021 TCS New York City Marathon (2:11:15)
- 9th, 2022 Boston Marathon (2:09:07)

### SNAPSHOT:

After winning two national junior college titles at Rend Lake (IL) College, Elkanah Kibet went on to an All-American career at Auburn. In 2013, he joined the U.S. Army and became a U.S. citizen. He gained admission to the World Class Army Program (WCAP) after his 2:11:13 marathon debut at the 2015 Bank of America Chicago Marathon. Kibet has represented the U.S. at the last four World Athletics Championships. Although no longer competing for WCAP, he is still serving full-time in the Army, as a captain. Over the years, he has trained while deployed overseas for months at a time, including stints in Poland, Kuwait and Iraq. After a DNF at the World Athletics Championships last summer, he finished the 2023 TCS New York City Marathon in 2:12:23.

### FAST FACTS:

One of his childhood running friends was Vivian Cheruiyot, who would become a five-time World Champion ... Married to Dr. Joyce Kibet and they have three children: Edith (13), Eli (7) and Ellorah (3).

### SOCIAL:



airbornrunner

**RESIDENCE:** Lake Orion, MI

**HOMETOWN:** Fort Wayne, IN

**AGE ON RACE DAY:** 28 (29 March 1995)

**COACH /TEAM:** Hansons-Brooks ODP

**BEST QUALIFYING PERFORMANCE:** 2:09:28 (Chicago, 2022)

**MARATHON PB:** Same

**OLYMPIC TRIALS MARATHON HISTORY:** Debut

### CAREER HIGHLIGHTS:

- 13th, 2023 World Athletics Championships Marathon (2:11:21, Top American)
- 11th, 2022 Bank of America Chicago Marathon (2:09:28, PB)
- 2020 U.S. Olympic Trials, 10,000m
- 3-time Division II National Champion (5,000 and 10,000m)



### SNAPSHOT:

Back at Fort Wayne Concordia Lutheran High School, Panning got talked into running cross country his freshman year to stay in shape for ice hockey, which he gave up after two years to focus on running. Competing for Grand Valley State in Michigan, he became just the fifth athlete in NCAA Division II history to win 5,000 and 10,000m national titles at the same meet (2019), after winning the 5,000m title the year before. Panning joined the Hansons in 2019 and had his 26.2-mile debut at the 2021 Bank of America Chicago Marathon, finishing 11th in 2:15:04, then lowered that to 2:09:28 at the same race the next year. That finish put him in position to be selected for Team USA at the 2023 World Athletics Championships, where he finished an impressive 13th (2:11:21, top American) in just his third marathon, going out conservatively on day when the finish temperatures reached 77 degrees.

### FAST FACTS:

At the World Champs last summer, Panning became the first Grand Valley State male track & field athlete to represent the U.S. on the world stage ... His parents, Dave and Tammy, began dating while running for Concordia in the late 1980s; they later coached middle school cross country, well before their son became interested in the sport.

### SOCIAL:



zachpanning



@ZachPanning



# ATHLETE BIO

## LEONARD KORIR



**RESIDENCE:** Colorado Springs, CO

**HOMETOWN:** Iten, Kenya

**AGE ON RACE DAY:** 37 (10 December 1986)

**COACH /TEAM:** U.S. Army WCAP

**BEST QUALIFYING PERFORMANCE:** 2:09:31 (Paris, 2023)

**MARATHON PB:** 2:07:56 (Amsterdam 2019)

**OLYMPIC TRIALS MARATHON HISTORY:** 2020, 4th

**CAREER HIGHLIGHTS:**

- 2016 Olympian, 10,000m
- Team USA for World Athletics Championships 10,000m, 2017 and 2019

- 13-time USATF Champion (2016: 20K; 2017: 10K, 15K, half marathon and cross country; 2018: 15K, 20K and cross country; 2019: 20K and half marathon; 2022: half marathon and 25K; 2023: 25K)
- Fastest marathon debut ever by an American (2:07:56, Amsterdam 2019)
- Sixth-fastest American marathoner in history
- Third-fastest American in the half marathon (59:52)

### SNAPSHOT:

Leonard Korir didn't start running until he was 20, when it was required at the school he attended in Kenya. He was soon introduced to the famed Brother Colm O'Connell, who helped facilitate his enrollment at Iona College, just outside New York City. There, Korir became a two-time NCAA Champion, graduating in 2012 with a degree in political science. In September 2015, he joined the U.S. Army, gaining U.S. citizenship, and in January 2016 began competing for its World Class Athletics Program. Korir promptly made Team USA for the 2016 Olympics, finishing 14th at 10,000 meters. On October 20, 2019, just two weeks after finishing 13th at 10,000m in his second-straight World Athletics Championships, Korir ran the TCS Amsterdam Marathon in 2:07:56, the fastest-ever debut at the distance by an American. At the 2020 U.S. Olympic Team Trials – Marathon, he finished fourth when his kick to catch Abdi Abdirahman for a spot on the team fell short. Last year, Korir finished in the Top 4 in six USATF championships and ran 2:09:31 to finish 7th in the Paris Marathon.

### FAST FACTS:

In 2012, Korir finished a close second in NYRR's UAE Healthy Kidney 10K on the morning of May 12, then attended his Iona graduation that afternoon ... Later that summer, he won the Belmar Chase 5K in New Jersey after filling out a regular race entry, telling race organizers afterward that he didn't ask for an elite bib because "I didn't think anyone would know who I was" ... After four straight podium finishes, Korir finally won the New Balance Falmouth Road Race in 2019, becoming the first American male to win there since Mark Curp in 1988.

**SOCIAL:**  lennykorir30

# ATHLETE BIO

## FUTSUM ZIENASELLASSIE

**RESIDENCE:** Flagstaff, AZ

**HOMETOWN:** Indianapolis, IN

**AGE ON RACE DAY:** 31 (16 December 1992)

**COACH /TEAM:** HOKA Northern Arizona Elite

**BEST QUALIFYING PERFORMANCE:** 2:09:40 (Rotterdam, 2023)

**MARATHON PB:** Same

**OLYMPIC TRIALS MARATHON HISTORY:** Debut

### CAREER HIGHLIGHTS:

- Member of Team USA for 2023 World Athletics Half Marathon Championships
- 2019 USATF 10 Mile Champion
- 2022 USATF Marathon Champion
- Winner, 2022 California International Marathon (2:11:01, debut)
- 8-time NCAA All-American
- Finished in Top 4 at NCAA Cross Country Championships in 2013, 2014 and 2016



### SNAPSHOT:

Born in Eritrea, Zienasellassie moved to the U.S. as an adolescent with his family, which settled in Indianapolis. Inspired by an older brother, he started running in eighth grade, and liked how the sport helped him fit into a new community. At North Central High School, he won seven state titles – four at 3,200m and three at cross country – and won Nike Cross Nationals as a senior. At Northern Arizona University, he became a 4-time All-American in cross country, and in 2016 – the year he became a U.S. citizen – he led NAU to its first NCAA team title before finishing as NCAA runner-up at 10,000m on the track. He competed for HOKA NAZ Elite in 2017 and 2018, then rejoined the group in October 2022 after being coached for about 18 months by James McKirdy. Zienasellassie won the 2022 California International Marathon in 2:11:01 in his debut at the distance.

### FAST FACTS:

Has three brothers and four sisters ... He and his wife, Samrawit, have two sons, Eisey and Isaak ... The U.S. Olympic Team Trials – Marathon will be his fourth race at the distance.

### SOCIAL:



bigfoot\_sum

# ATHLETE BIO

## BRIAN SHRADER



**RESIDENCE:** Cambridge, MA

**HOMETOWN:** Flagstaff, AZ

**AGE ON RACE DAY:** 32 (22 July 1991)

**COACH /TEAM:** None

**BEST QUALIFYING PERFORMANCE:** 2:09:46 (Chicago, 2023)

**MARATHON PB:** Same

**OLYMPIC TRIALS MARATHON HISTORY:** 2020, DNF

### CAREER HIGHLIGHTS:

- 2014 USATF 12 km Champion (34:11, American Record)
- 2016 U.S. Olympic Trials, 5,000m
- 11th, 2023 Bank of America Chicago Marathon (2:09:46, PB)
- 2-time NCAA All-American

### SNAPSHOT:

Originally from Flagstaff, AZ, Brian Shrader graduated from Sinagua High School in 2010 after winning three consecutive state titles in cross country and 10 state championships on the track. After two years at the University of Oregon, he transferred to Northern Arizona University, and ended his college career as a 2-time All-American in cross country and 3,000m indoors. In his final year, with no cross country eligibility remaining, he raced the roads in the fall of 2014. Two months after finishing 4th in the 2014 USATF 5 km Championships, he scored an upset win at the USATF 12 km Championships, setting an American Record in the process. A 5,000m finalist in the 2016 U.S. Olympic Team Trials – Track & Field, Shrader qualified for the 2020 U.S. Olympic Team Trials – Marathon with a 2:13:30 at the 2018 California International Marathon in his debut at the distance. At the Trials, he took the lead around Mile 4 and built up a gap of as much as 55 seconds over the pack before being caught by eventual winner Galen Rupp around Mile 16, later dropping out before Mile 17.

### FAST FACTS:

Shrader gained experience as a co-founder and coach of North Shore Running, an online coaching service, before being hired in 2023 as an assistant coach for women's and men's distance/middle distance at Harvard University ... His fiancée is Helen Schlachtenhaufen, a top American miler ... He is also one of six U.S. men who have run a sub-4 mile and sub-2:10 marathon.

### SOCIAL:



b\_shrader



# ATHLETES OF SPECIAL NOTE



## ABDI ABDIRAHMAN

A five-time Olympian, Abdirahman, 47, missed the 2016 U.S. Olympic Team Trials – Marathon with a calf injury, but came back in 2020 to finish a surprising 3rd at the Trials in Atlanta. From 2000-08, he competed at 10,000m – making Team USA every time – before making the 2012 team in the marathon. Although he “retired” after competing (DNF) in the 2022 TCS New York City Marathon, he qualified for these Trials by virtue of being on the 2020 Olympic marathon team and has been training in Ethiopia. When he toes the line in Orlando, he will do so as the oldest entrant in Trials history (currently Mbarek Hussein, who was 46 years, 285 days of age at the 2012 Trials. He did not finish.). PB: 2:08:56, Chicago 2006



## PAUL CHELIMO

A native of Iten, Kenya, Chelimo moved to the U.S. in 2010 to attend Shorter College in Rome, GA. In 2011, he transferred to the University of North Carolina at Greensboro. After graduating, he attained his U.S. citizenship in 2014 after joining the U.S. Army and its World Class Athlete Program. At the 2016 Olympics, he became the first U.S. athlete since 1964 to medal in the 5,000 meters when he took silver; at the 2020 Games, he earned bronze at the same distance. Now 33, Chelimo is making his marathon debut here after qualifying with a half marathon time of 1:02:22 at the 2023 Berlin Half Marathon. PB: Debut



## SHADRACK KIPCHIRCHIR

A 2016 U.S. Olympian at 10,000m (19th, 27:58.32), Kipchirchir, now 34, dealt with a torn calf muscle that ended his hopes of making the 2020 team. Now, the 7-time USATF Champion (Cross Country 2019, 2022; 5 km 2017; 8 km 2022; 15 km 2019 and 10 mile 2017-18) has stepped up in distance, making his debut at the 2022 TCS New York City Marathon in 2:28:15 but slashing that to 2:13:02 a year later at the TCS Amsterdam Marathon. Born in Kenya, Kipchirchir moved to the U.S. to compete collegiately and became a U.S. citizen in 2010. In 2014, he enlisted in the U.S. Army and joined its WCAP, for which he competed until 2018. PB: 2:13:02, Amsterdam 2023

# ATHLETES OF SPECIAL NOTE



## JACOB RILEY

Jake Riley, 35, finished 15th at the 2016 U.S. Olympic Team Trials – Marathon, then disappeared from the sport for almost three years with Achilles issues. After surgery for Haglund’s deformity, he finished as top American (2:10:36) in the 2019 Bank of America Chicago Marathon and then a thrilling 2nd at the Trials in 2:10:02. About six months after a disappointing Olympic performance (28th, 2:16:26), he was diagnosed with RED-S and not long after that had surgery on the other leg, his left this time, for Haglund’s. He ran 2:18:18 at the BMW Berlin Marathon in September 2023. He wrote on Instagram in early January that his buildup went well: “It’s so nice to feel like I’m in a position to really compete again.” PB: 2:10:02, Atlanta 2020



## JARED WARD

Although Jared Ward came into the 2016 U.S. Olympic Team Trials – Marathon seeded 12th, he finished 3rd to make Team USA. Then, in Rio, he ran a 28-second negative split to finish a surprising 6th in the Olympic Games (2:11:30, a PB at the time); coupled with Galen Rupp’s bronze, he helped put two Americans in the Top 6 for the first time since 1976. In the 2020 Trials, Ward finished 27th; most recently, he ran 2:11:44 in the 2023 BMW Berlin Marathon. Now 35, he and his wife, Erica, had their sixth child in December 2023. PB: 2:09:25, Boston 2019



U.S. OLYMPIC  
TEAM TRIALS  
MARATHON

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# WOMENS BIOS

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**RESIDENCE:** Providence, RI

**HOMETOWN:** Chesterfield, MO

**AGE ON RACE DAY:** 32 (12 October 1991)

**COACH /TEAM:** Ray Treacy

**BEST QUALIFYING PERFORMANCE:** 2:18:29 (Chicago, 2022)

**MARATHON PB:** Same

**OLYMPIC TRIALS MARATHON HISTORY:** 2020, DNF (Mile 22)

### CAREER HIGHLIGHTS:

- American Record-holder, Marathon (2:18:29)
- 2020 Olympics, 10,000m, 10th
- #3 all-time American, half marathon (1:06:52, Houston 2023)
- 2-time World Athletics Championships 10,000m (9th 2017; 10th 2019)
- 8-time USATF Champion (from 5K to half marathon)
- 2-time NCAA Champion, 5000m (indoors and outdoors, 2015) and NCAA record-holder, 5000m indoors (15:12.22)



### SNAPSHOT:

After a 10-time All-American career at Providence College, Sisson won the 2016 USATF 10 km Championships in her first full year as a pro, and then in 2017 ran the fastest half marathon debut ever by an American woman (1:08:21) when she finished as runner-up at the United Airlines NYC Half. In 2019, Sisson really came into her own: She kicked it off the with another great 13.1-miler, a 1:07:30 at the Aramco Houston Half Marathon (just five seconds off the American Record at the time), then in April she ran 2:23:08 in London – the fastest U.S. marathon debut in history on a record-eligible course. In 2022, Sisson shattered the American Record at that distance when she finished second in the Bank of America Chicago Marathon in 2:18:29. She started 2023 off in Houston again, running 1:06:52 to set an American Record in the half marathon (since broken by Keira D’Amato and Weini Kelati)

### FAST FACTS:

In August 2018, Sisson married Shane Quinn, also an All-American at Providence ... Last October, Sisson ran 2:22:09 in Chicago despite developing a side stitch around Mile 18 ... The week before Christmas, her dog Dougal went missing in Phoenix, where Sisson was training; thanks to her plea via Instagram story he was found just hours later ... She plans to spend January training in Florida, where she’s had racing success in Jacksonville as the three-time USATF 15 km Champion (2021-23).

### SOCIAL:



# ATHLETE BIO

## KEIRA D'AMATO



**RESIDENCE:** Richmond, VA

**HOMETOWN:** Oakton, VA

**AGE ON RACE DAY:** 39 (21 October 1984)

**COACH /TEAM:** Scott Raczko

**BEST QUALIFYING PERFORMANCE:** 2:19:12 (Houston, 2022)

**MARATHON PB:** Same

**OLYMPIC TRIALS MARATHON HISTORY:** 2020, 15th

### CAREER HIGHLIGHTS:

- Former American Record-holder, Half Marathon (1:06:39, 2023 Gold Coast Half Marathon)
- World Best for women-only 10 Mile (51:23) in 2020
- 8th, 2022 World Athletics Championships Marathon

- 17th, 2023 World Athletics Championships Marathon
- Set American Record in the marathon (2:19:12), since broken by Emily Sisson
- 2-time USATF Champion (half marathon, 2021, and 20 km, 2022)

### SNAPSHOT:

Keira D'Amato took a nine-year break from competitive running but is now among the top marathoners in the U.S. A four-time All-American at American University, D'Amato briefly ran post-collegiately until an ankle surgery turned her into a "hobby jogger" in 2008. But in March 2017, she ran her first marathon (3:14:54) since giving birth seven months earlier, and by 2018 was fast enough to qualify for the 2020 U.S. Olympic Team Trials – Marathon, where she finished 15th. Her real breakthrough came in 2020 when she ran 2:22:56 in The Marathon Project. In 2021, D'Amato won her first U.S. title, at the USATF Half Marathon Championships in a PB 1:07:55. In January 2022, she broke Deena Kastor's 2:19:36 American Record in the marathon, which had stood since 2006. That record was broken nine months later by Emily Sisson, but then D'Amato proved turnabout is fair play when she broke Sisson's American Record in the half marathon in July 2023, six months after she set that.

### FAST FACTS:

D'Amato is quick with the jokes, too, as her Strava will attest ... She is married to Air Force Lt. Colonel Anthony D'Amato and has two children: Thomas, (9) and Quin (7) ... For the first few years of her return to elite running, D'Amato also worked full time as a realtor, but she has cut back on that ... In 2022, she opened a running store in Midlothian, VA, through a partnership with Potomac River Running ... When D'Amato ran that first post-birth marathon in 2017, it was because she felt guilty about giving her husband a "gag gift" race entry when he hadn't been training, so said she'd run it with him ... In the Hall of Fame of both American University and Oakton High School.

**SOCIAL:**  keiradamato  @KeiraDAmato

**RESIDENCE:** Iten, Kenya

**HOMETOWN:** Nandi Hills, Kenya

**AGE ON RACE DAY:** 35 (30 June 1988)

**COACH:** Nicholas Koech

**BEST QUALIFYING PERFORMANCE:** 2:21:40 (Tokyo, 2023)

**MARATHON PB:** Same

**OLYMPIC TRIALS MARATHON HISTORY:** Debut

### CAREER HIGHLIGHTS:

- 5th, 2016 Olympics, 10,000m
- 2023 USATF 25 km Champion
- 2023 Sydney Marathon Champion (2:26:47)
- 2018 Paris Marathon Champion (2:22:56)
- 3-time NCAA Champion (2012, cross country and 5,000m indoors; 2013, 10,000m)



### SNAPSHOT:

When Betsy Saina was trying to decide on colleges in the U.S., a Kenyan athletics official who attended Iowa State steered her toward the Cyclones. In Ames, Saina became one of the greatest track athletes in school history. After graduating in 2013, she ran for the American Distance Project and then Bowerman Track Club before a stint with Renata Canova until 2019. She became a U.S. citizen in 2021, and gave birth to her son, Kalya, in December of that year. Since her return from maternity, Saina has been coached by Nicholas Koech, husband and coach of friend and training partner Joyciline Jepkosgei (the former half marathon World Record-holder and 2021 TCS London Marathon winner). In March 2023, just 14 months after Kalya was born, Saina finished 5th at the Tokyo Marathon in a PB of 2:21:40. Six months later, she won the Sydney Marathon in 2:26:47.

### FAST FACTS:

Since giving birth to Kalya, Saina has been living in Kenya, where her family can help her tend to the baby ... Says she plans to base herself back in the U.S. soon ... Explained on a CTolleRun podcast in May 2023 that in Kenya, many people believe that new mothers shouldn't run. Saina wants to help change that perception for the next generation: "I want to do something special so that at some point he will grow up and know mommy was able to run when I was 1 year, 2 months. I was very happy for that. It was more like motivation." ... Runs a guesthouse outside of Iten for international athletes ... Says of Jepkosgei: "She is selfless. She always tells me, 'I know you are going to do it.' She takes care of me."

### SOCIAL:



sainabetsy



@betsy\_saina

# ATHLETE BIO

## SARA HALL



**RESIDENCE:** Flagstaff, AZ

**HOMETOWN:** Santa Rosa, CA

**AGE ON RACE DAY:** 40 (15 April 1983)

**COACH /TEAM:** Ryan Hall

**BEST QUALIFYING PERFORMANCE:** 2:22:10  
(World Athletics Championships, 2022)

**MARATHON PB:** 2:20:32 (The Marathon Project, 2020)

**OLYMPIC TRIALS MARATHON HISTORY:** DNF, 2016 and 2020

### CAREER HIGHLIGHTS:

- Gold Medalist, 2011 Pan American Games 3,000m Steeplechase)
- 12-time USATF Champion

- 5th, 2022 World Athletes Championships Marathon
- 2nd, 2020 Virgin Money London Marathon (2:22:01)
- Winner, 2020 The Marathon Project (2:20:32, now #4 U.S. all-time)
- Set American Record in half marathon in 2022 (1:07:15) since broken.

### SNAPSHOT:

One of the most versatile runners in the sport, Hall has won an international gold medal in the steeple and USATF titles at distances from the mile (2011) to the marathon (2017) – starting with a 5K road title in 2006 and including a cross country title in 2012. This will be her eighth Olympic Trials (a record for marathon/track and field athletes, men or women), in which she has competed at four different distances on the track – 5,000m in 2004 and 2016; 1,500m in 2008; 3,000m steeplechase in 2012, 10,000m in 2021 – and the marathon in 2016 and 2020. Known for thriving on short turnarounds, Hall finished as top American at the 2015 World Athletics Cross Country Championships just 13 days after running her marathon debut in Los Angeles; in 2017 she ran a then-PB 2:27:21 in the Mainova Frankfurt Marathon on October 29 and then won the USATF title at the distance on December 3.

### FAST FACTS:

In the fall of 2015, Hall and husband Ryan adopted four sisters from Ethiopia: Hana, now 23; Mia, 20; Jasmine, 16; and Lily, 13. Hana and Mia were both Arizona state high school champions and now compete for Grand Canyon University and North Carolina State, respectively ... Hall says that if Ryan (a two-time Olympian and fastest marathoner in U.S. history) hadn't been competing, she might have retired long ago. Instead, she's had the best years of her career since they adopted their family and he retired in 2016 ... Since making her debut at the 2015 Los Angeles Marathon in 2:48:02, Hall has lowered her personal best by almost 28 minutes.

### SOCIAL:



sarahall3



@sarahall3



**RESIDENCE:** Flagstaff, AZ

**HOMETOWN:** Nashotah, WI

**AGE ON RACE DAY:** 29 (12 July 1994)

**COACH /TEAM:** Jon Green

**BEST QUALIFYING PERFORMANCE:** 2:23:07 (Chicago, 2023)

**MARATHON PB:** Same

**OLYMPIC TRIALS MARATHON HISTORY:** 2020, 2nd

**OLYMPIC MARATHON HISTORY:** 2020, Bronze Medalist (2:27:46)

### CAREER HIGHLIGHTS:

- Bronze Medalist, 2020 Olympic Games Marathon
- Runner-up, 2020 U.S. Olympic Team Trials – Marathon
- 4-time NCAA Champion (3,000 and 5,000m indoor, 10,000m, cross country)



### SNAPSHOT:

After struggling with injuries and illness her first two years at Notre Dame, Seidel in 2015-16 won four individual NCAA titles in less than a year – at 10,000m, cross country and then indoor at 3,000 and 5,000 meters – before a sacral stress fracture caused her to miss her senior outdoor season. Her first couple years as a pro brought modest success, but it was a 1:10:27 win at the San Antonio Rock ‘n’ Roll Half Marathon in December 2019 that put Seidel on the path to history, qualifying her for the 2020 U.S. Olympic Team Trials – Marathon. On February 29 in Atlanta, Seidel became the first woman to make the Team USA in her marathon debut when she finished second (2:27:31). In October 2020, she lowered her PB to 2:25:13 in London before winning a surprise bronze medal at the Games – the first for U.S. women in the marathon since Deena Kastor in 2004. Three months after Sapporo, she finished fourth in the 2021 TCS New York City Marathon in 2:24:42, another PB and the fastest time there ever by an American woman. After battling a stress fracture in 2022, Seidel bounced back with a 2:23:07 at the Bank of America Chicago Marathon last October.

### FAST FACTS:

Early in 2022 was diagnosed with ADHD, after years of dealing with disordered eating, OCD and depression ... Was 2011 Foot Locker Cross Country Champion ... At a rooftop party in Boston in December 2019 her sister, Izzy, said out of the blue, “You should run the Olympic Trials;” at the time Seidel was working three jobs: barista, babysitter and Instacart shopper ... She and Izzy recently began hosting a podcast, “I Hate My Thoughts,” and have a joint Instagram, sadgirltrackclub ... Is known for her FTK (fastest-known turkey) for running Thanksgiving Day 10K in costume.

### SOCIAL:



bygolly.molly



@ByGollyMolly12





# ATHLETE BIO

SARA VAUGHN



**RESIDENCE:** Boulder, CO

**HOMETOWN:** Gering, NE

**AGE ON RACE DAY:** 37 (16 May 1986)

**COACH /TEAM:** Amy and Alistair Cragg

**BEST QUALIFYING PERFORMANCE:** 2:23:24 (Chicago, 2023)

**MARATHON PB:** Same

**OLYMPIC TRIALS MARATHON HISTORY:** Debut

## CAREER HIGHLIGHTS:

- 10th, 2023 Bank of America Chicago Marathon (2:23:24, PB)
- 2019 California International Marathon Champion (2:26:53, debut)

- 2017 World Athletics Championships semifinalist, 1,500m
- 2012 World Indoor Championships, 1,500m

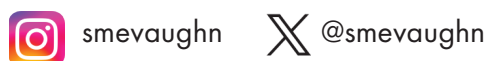
## SNAPSHOT:

A Nebraska high school state champion in the middle distances, Sara Vaughn went on to become a cross country All-American at the University of Colorado before launching a solid professional career as a miler (with a brief detour into the steeplechase). In 2017, already the mother of three children, Vaughn finished 3rd at 1,500m in the USATF Championships to make her first World Athletics Championships team. After giving birth to her fourth child, in August of 2019, she competed in the 3,000m steeplechase in the 2021 U.S. Olympic Trials before making her 26.2-mile debut at the California International Marathon, winning in 2:26:53.

## FAST FACTS:

She and husband Brent got married in college right after their first daughter, Kiki, was born early in Vaughn's junior year ... Has launched a childcare nonprofit to help support student-athletes ... Brent was a top NCAA distance runner who competed professionally for several years, winning the 2011 USATF Cross Country Championships ... Vaughn only recently pulled back from working full-time as a realtor ... The couple has four children: Kiki (17), Calia (13), Cassidy (8) and David (4) ... Kiki, a standout 800m runner for Boulder High School, recently committed to run for Northern Arizona University ... Vaughn occasionally hops into workouts with her daughter's team ... She is one of the four U.S. women to record a sub-4:30 track mile and sub-2:30 marathon.

## SOCIAL:



# ATHLETE BIO

## SUSANNA SULLIVAN

**RESIDENCE:** Reston, VA

**HOMETOWN:** Falls Church, VA

**AGE ON RACE DAY:** 33 (13 May 1990)

**COACH /TEAM:** Andrew Gerard

**BEST QUALIFYING PERFORMANCE:** 2:24:27 (London, 2023)

**MARATHON PB:** Same

**OLYMPIC TRIALS MARATHON HISTORY:** 2016, 20th  
and 2020, 150th

### CAREER HIGHLIGHTS:

- Represented U.S. in the 2023 World Athletics Championships Marathon
- 2022 Credit Union Cherry Blossom 10 Mile Champion
- 6th, 2022 Bank of America Chicago Marathon (2:25:14)
- 10th, 2023 TCS London Marathon (2:24:27, PB)

### SNAPSHOT:

Susanna Sullivan had a solid career at the University of Notre Dame but battled injuries. After graduating, she moved back to the D.C. area and began teaching full-time while still running with a competitive local team. She ran 2:35:39 in her marathon debut at Grandma's Marathon in 2015, finishing 7th. In 2020, she started training with Andrew Gerard of George Mason University. Sullivan made her first U.S. team in 2023 but struggled to a 58th -place finish in Budapest with what turned out to be a patellar stress fracture.

### FAST FACTS:

Teaches 6th Grade Advanced Math/Science at Haycock Elementary School in Falls Church, VA ... Until recently, she also tutored part-time ... Swam a lot last fall as cross-training while recovering from the knee injury ... Fiancé, Edward, is a major in the Marine Corps ... Serves as a volunteer assistant coach at George Mason University, where her coach is head of the track and cross country programs.

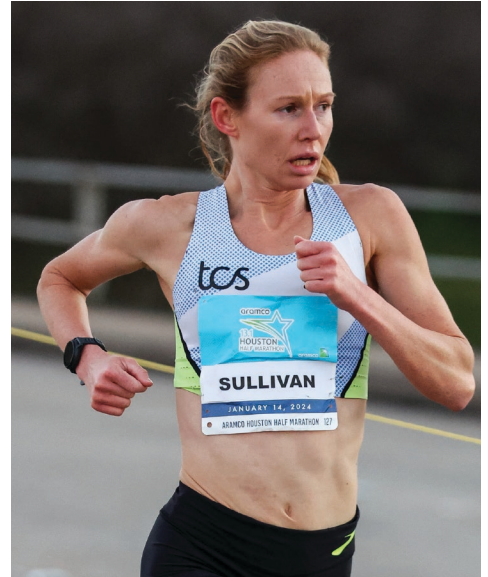
### SOCIAL:



susannasullivan4



@ssulli10



# ATHLETE BIO

## GABRIELLA ROOKER



**RESIDENCE:** Minneapolis, MN

**HOMETOWN:** New Brighton, MN

**AGE ON RACE DAY:** 36 (9 October 1987)

**COACH /TEAM:** Alex Rooker/Raev Endurance/  
Mill City Running

**BEST QUALIFYING PERFORMANCE:** 2:24:35 (Chicago, 2023)

**MARATHON PB:** Same

**OLYMPIC TRIALS MARATHON HISTORY:** Debut

### CAREER HIGHLIGHTS:

- 3rd, 2023 Grandma's Marathon (2:27:38)
- 11th, 2023 Bank of America Chicago Marathon (2:24:35, 4th American)
- 8th, 2022 California International Marathon (2:29:44)
- 6-time NCAA Division III National Champion in Gymnastics (2007-08 Vault, 2010 Floor, 2008-10 Team)

### SNAPSHOT:

Gabi Rooker, neé Hooper, was a rambunctious child, so her parents enrolled her in a local gymnastics program when she was about 3 and the sport immediately became her life. She dealt with a series of injuries in high school, however, and as a senior did a season of track instead of gymnastics. At the University of Wisconsin-La Crosse, she returned to gymnastics and won three individual D III national titles in addition to leading the Eagles to three straight national team crowns. After graduation, looking for a way to stay active, she sampled various sports before settling on running. In 2018, Rooker ran the Medtronic Twin Cities 10 Mile in 1:06:23, finishing 26th; a year later, she finished the same race in 1:02:18, good for 9th, and set her sights on a marathon. She ran 2:56:27 at the 2021 Grandma's Marathon in her first try at the distance. That whetted her appetite to go after an OTQ, which she got at Grandma's the next year with a PB of more than 20 minutes (2:34:59). She cut that to 2:29:44 at the 2022 California International Marathon before lowering it again at Grandma's in June 2023 and then again at Chicago last fall.

### FAST FACTS:

Recently called Keira D'Amato her biggest running hero ... Coached by her husband, Alex, who was a sprinter at UW-La Crosse ... Had been working full-time as a physician's assistant, but dropped down to part-time to train for the Trials ... "My mom ran throughout her pregnancy with me," says Rooker. "I credit my athletic interests to running with her before I was born." ... Has a 9-year-old niece, Tessa, who weighed just 1 pound, 1 ounce at birth and now comes to all of her races as inspiration.

### SOCIAL:



# ATHLETE BIO

## ALIPHINE TULIAMUK

**RESIDENCE:** Flagstaff, AZ

**HOMETOWN:** Posoy, Kenya

**AGE ON RACE DAY:** 34 (5 April 1989)

**COACH /TEAM:** HOKA Northern Arizona Elite

**BEST QUALIFYING PERFORMANCE:** 2:24:37 (Boston, 2023)

**MARATHON PB:** Same

**OLYMPIC TRIALS MARATHON HISTORY:** 2020, Champion

**OLYMPIC MARATHON HISTORY:** DNF, 2020

### CAREER HIGHLIGHTS:

- 2020 U.S. Olympic Team Trials – Marathon Champion
- 12-time USATF Champion (5K, 10K, 7 Mile, 20K, half marathon, marathon, cross country and four times at 25K)
- 15th, 2017 World Athletics Cross Country Championships (top American)



### SNAPSHOT:

Tuliamuk earned a degree in public health from Wichita State in 2013. When the chance came along for the 9-time All-American to become a U.S. citizen (in late April 2016), Tuliamuk saw it as both a way to help her family and as “the least I could do, because I wanted to give back to this country that gave me an amazing opportunity. I am so proud to be an American.” Less than a month after becoming a citizen, Tuliamuk won her first national title, at the 2016 USATF 25 km Championships. Fast forward to the 2020 U.S. Olympic Team Trials – Marathon, where Tuliamuk arrived in Atlanta as the #10 seed and left as the Trials champion. With COVID-19 delaying the Games until 2021, Tuliamuk and her fiancé-now-husband, Tim Gannon, decided it was time to start a family, and daughter Zoe was born on January 13, 2021. She competed at the Olympics seven months later but was forced to drop out at 20K due to an injury. Since coming back, she has run two PBs in the marathon (TCS New York City in 2022 and Boston 2023).

### FAST FACTS:

As a teenager, Tuliamuk hoped to become a nurse. College tuition in Kenya, however, would have drained the resources available for her siblings – 31 of them, given her father’s four wives ... Tuliamuk’s interest in health care began when she was 10; a baby brother died despite her efforts at sprinting from one closed dispensary to another seeking help ... During her recovery from a stress fracture in 2019, Tuliamuk studied YouTube videos and began crocheting beanies to pass the time ... She was given her first pair of running shoes by her legendary countrywoman, Tegla Loroupe ... Comes to Orlando after dealing with a partially torn hamstring tendon this fall.

### SOCIAL:



aliphine



@mamaZoeCherotch



# ATHLETE BIO

## DAKOTAH LINDWURM



**RESIDENCE:** Hopkins, MN

**HOMETOWN:** St. Francis, MN

**AGE ON RACE DAY:** 28 (1 May 1995)

**COACH /TEAM:** Chris Lundstrom/Minnesota Distance Elite

**BEST QUALIFYING PERFORMANCE:** 2:24:40 (Chicago, 2023)

**MARATHON PB:** Same

**OLYMPIC TRIALS MARATHON HISTORY:** 2020, 36th

### CAREER HIGHLIGHTS:

- 2-time Grandma's Marathon Champion (2021-22)
- 3rd, 2021 USATF Half Marathon Championships
- 3rd, 2022 USATF 25 km Championships
- 2-time NCAA Division II All-American

### SNAPSHOT:

Back at St. Francis High School, Dakotah Lindwurm (née Bullen) was focused on playing ice hockey, but gradually swung over to running. She competed for Division II Northern State University in Aberdeen, SD, where she became an All-American in both track and cross country, walking on but finishing with a full ride. After graduating, Lindwurm joined Minnesota Distance Elite in 2018, and in 2021 won Grandma's Marathon. Lindwurm chose her most-recent marathon, 2023 Bank of America Chicago Marathon, to get experience on a flat course for the first time.

### FAST FACTS:

Works as a paralegal ... Was a goaltender on her high school ice hockey team; hockey was her first Olympic dream ... An only child; lost her mother to cancer in 2020. Says her dad is her biggest fan ... Lives with her boyfriend, Montana... Says her favorite running memories are qualifying for her first Trials in 2018 with her mom at the finish line and running alongside Montana as he finished his first marathon ... The night before 2023 Grandma's, her dad went out and chalked the course with words of encouragement ... She and MDE teammate Annie Frisbie, also a Trials contender, relocated to Florida in December to acclimate.

### SOCIAL:

 dakotahlindwurm

# ATHLETES OF SPECIAL NOTE



## KIM CONLEY

Conley's gutsy last lap and dramatic lean at the line for third to make the 2012 Olympic team at 5,000m – hitting the Olympic standard by less than a quarter of a second in the process – is one of the most memorable moments in recent U.S. Olympic Team Trials – Track & Field history. In 2016, the 2-time national champion made her second Olympic team, at the same distance, and the 37-year-old is also the 2019 Pan American Games bronze medalist. These Trials will be only her third marathon, after a 2:41:38 debut at the 2016 TCS New York City Marathon and a 2:35:43, third-place finish in the 2022 Medtronic Twin Cities Marathon that earned her a qualifier. PB: 2:35:43, St. Paul 2022



## MOLLY HUDDLE

A 28-time national champion on the track and roads, Huddle won her first national title, at 10K, in Boston in 2008 and her most recent in July 2019, when she won her fifth-consecutive title at 10,000m on the track. She is a 2-time Olympian, finishing 11th at 5,000m in 2012 and 6th at 10,000m in 2016, setting a then-American Record (30:13.17) in the process. Among the many other American Records the 39-year-old Huddle has held in her long career is the half marathon (1:07:25). In her much-anticipated marathon debut, at the 2016 TCS New York City Marathon, she finished third (2:28:13), but was a DNF in the 2020 Trials. Huddle has raced sparingly since giving birth to daughter JoJo in April 2022, but ran 2:32:02 at the 2023 TCS New York City Marathon to qualify for a trip to Orlando. She is co-author of "How She Did It: Stories, Advice and Secrets

to Success from Fifty Legendary Distance Runners," and co-hosts the podcast "Keeping Track." PB: 2:26:33, London 2019



## DES LINDEN

A 2-time Olympian who finished 7th in the 2016 Games, Linden made history in 2018 as the first U.S. woman to win the Boston Marathon in 33 years when she did so amid a cold and windswept downpour. At these U.S. Olympic Team Trials – Marathon (her fifth, going back to 2008), she seeks to become the first American woman to make three Olympic marathon teams; her places of 2nd (2012), 2nd (2016) and 4th (2020) already tie her with Lisa Weidenbach, now Rainsberger, (4th in 1984, 1988, 1992) as the only American women to have three Top 5 finishes. Linden, who turned 40 last July, set the U.S. women's masters record (2:27:35) at the Bank of America Chicago Marathon in October. She is also the New York Times best-selling author of a memoir, "Choosing to Run", and co-hosts with fellow U.S. Olympic marathoner Kara Goucher a podcast called "Nobody Asked Us." PB: 2:22:38, Boston 2011

# ATHLETES OF SPECIAL NOTE



## JENNY SIMPSON

The most-decorated U.S. female middle-distance runner in history, Simpson is making her marathon debut just miles from where she became an 8-time high school state champion for Oviedo High School – which in 2018 renamed its track for her. Indeed, she purchased her first pair of running shoes from Track Shack. Simpson, now 37, grew up to become the 2011 World Champion and 2016 Olympic bronze medalist at 1,500m, with two World silvers (2013, 2017) adding to the medal haul. She was also ranked #1 in the world in 2014. Already a 3-time Olympian, Simpson earned her qualifier for these U.S. Olympic Team Trials – Marathon with a half marathon time of 1:10:35 in the 2023 Aramco Houston Half Marathon. PB: Debut

