

On the Roads

Volume 18, 2004 Number 1

Special Edition: The U.S. Olympic Team Trials - Men's Marathon Guide

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Top American Road Runners of 2003



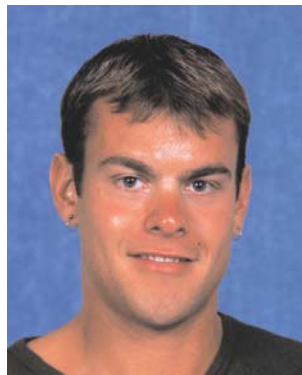
Victor Sailer / Photo Run (left & right photos)



Meb Keflezighi and Deena Drossin (both of Mammoth Lakes, CA) continued to lead U.S. runners in 2003 in every respect. For a summary of Meb's road performances see page 20. Deena will be featured in the Women's Trials edition of "On the Roads".



Victor Sailer / Photo Run (left & right photos)



Colleen DeReuck (Boulder, CO) and Ryan Shay (E. Jordan, MI) had productive road race efforts, finishing 1st in the USARC.

U.S. Road Running Rankings

Men

	ATHLETE	CTZ	Races w/Pts	Total Races	Total Points
1	Meb Keflezighi	USA	4	5	222
2	Khalid Khannouchi	USA	1	3	52
3	Brian Sell	USA	1	6	39
4	Chris Graff	USA	1	6	33
5	Phillimon Hanneck	USA	1	9	28

for Men's Rankings details see page 20

Women

	ATHLETE	CTZ	Races w/Pts	Total Races	Total Points
1	Deena Drossin	USA	3	3	1665
2	Colleen De Reuck	USA	7	13	1515
3	Marla Runyan	USA	4	5	1117
4	Jennifer Rhines	USA	6	7	618
5	Deeja Youngquist	USA	3	13	325

USA Running Circuit Winners

Men

1	Ryan Shay, 24, East Jordan, MI	68	\$6,000
2	Meb Keflezighi, 28, Mammoth Lakes, CA	45	\$4,000
3	Phillimon Hanneck, 32, Portland, OR	34	\$2,500

Women

1	Colleen De Reuck, 39, Boulder, CO	73	\$6,000
2	Sara Wells, 24, Edina, MN	47	\$4,000
3	Marla Runyan, 34, Eugene, OR	42	\$2,500

Circuit News on pages 13 and 22



**USA Track & Field
Road Running
Information Center**

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Meet Jim Estes

New Men's Long Distance Running Chair

When the 25th USATF Annual Meeting in Greensboro, North Carolina was gavelled to a close on December 7, Jim Estes, a Louisville, Kentucky running specialty store owner (Fleet Feet) and race director of the Papa John's 10 Miler (USA Championship), assumed the Chairmanship of the Men's Long Distance Running Committee. Estes, 37, replaced Dan Grimes who served as Men's LDR Chair since 1998.

After the convention Charlie Mahler, talked with Estes about his new responsibilities. The following are excerpts from that interview which can be found in the wire archives on www.runningusa.org.

RUSA: You seemed to do a lot of listening while you were in Greensboro. What did you learn?

ESTES: I learned a lot, so it is hard to single out just one thing. One would be that even though it seems to many the leadership of USATF has forgotten about LDR, it is not true. I was able to spend some time with Craig Masback and was excited to learn that he has several ideas that will benefit LDR.

LDR is considered to be an area that has potential for growth and ultimately a great deal of developmental potential due to that growth. They see the widespread interest in redeveloping our LDR talent to the point where we are a significant force in LDR events. They realize there is no quick fix for the problem, that we need time to turn it around.

I was impressed with the sheer volume of work that goes into the organization. Be it staff from the national office handling the day-to-day operations or the incredible number of volunteers helping to coordinate competition opportunities, etc.

RUSA: What do you think the biggest challenge of the position will be?

ESTES: No doubt, there will be several big challenges. As a businessman and event director, I have made some decisions that weren't necessarily popular in the beginning, but they have usually become well-received and accepted after a short time. It is sometimes a challenge to get people to see the big picture or that in many instances, change is good.

Also, I think there could be challenges when it comes to revamping the USATF LDR/association relationship. I understand that each association is a little different when it comes to their focus. Whether they focus their time and energy on youth programs or clubs, I want them to understand the value that I place on them because of their impact on our future LDR ath-



Baspic photo

letes. I'd want to create a system within each association that will provide support to an emerging star, while using that athlete's position within the association to create a connection with the younger athletes.

RUSA: What are you most excited about?

ESTES: I am most excited about giving back to a sport that has given so much to me. While I've never been an Olympian or even been competitive on a national level, the sport has provided for me very well. It helped pay for college, it is how I met my wife and many friends and it is the basis of my business. I feel that I owe a lot to the sport and I'm excited about the prospect of helping develop the future of our sport.

RUSA: You're a successful businessman, a successful event director and you certainly had success as a runner (sub-30 minute 10K). What have you learned from those experiences that you think will help you in this position?

ESTES: I've learned the same thing from all three, persistence and patience are very important. In all three there is a long-term approach that must be taken with no immediate pay-off. There is a lot of hard work without seeing the benefits in the short-term.

RUSA: What are your top priorities?

JIM ESTES: I guess my biggest priority is to continue to identify sources for funding and development of LDR programs. Ranging from the Team USA Distance Running training centers like Mammoth Lakes/Chula Vista and Hansons-Brooks to youth and "grassroots" programs. These are all long-term approaches for the development of our sport and they need support now in order to establish their base for the future.

I am very passionate about the sport, especially the development and support of our emerging athletes.

Finally, I've never been one to think that I have all the answers. I'm always open to suggestions and ideas.

2004 U.S. Olympic Team Trials - Men's Marathon

Male Qualifier Stats

Preliminary Data About the 2004 Male Qualifiers as of December 31, 2004 (94 respondents):

AVERAGE AGE
30.22 years
(was 27.5 in '84, 31.9 in '00)

AVERAGE HEIGHT
5'7"-8.5"

AVERAGE WEIGHT
140 lbs.

TOTAL RETURNING
30 2004 qualifiers
also qualified for 2000

TOP 5 OCCUPATIONS

1. Athlete/Runner	31
2. Teacher	14
Retail Sales	14
4. Coach	7
5. Student	5

EIGHT OLYMPIANS

* Mark Coogan	1996	Marathon (41st)
* Alan Culpepper	2000	10,000m
* Rod DeHaven	2000	Marathon (69th)
* Phillimon Hanneck	1992	1500m
(for Zimbabwe)		
* Brad Hauser	2000	5000m
* Eddy Hellebuyck	1996	Marathon (67th)
(for Belgium)		
* Ronnie Holassie	1996	Marathon (75th)
Ronnie Holassie	2000	Marathon (32nd)
(for Trinidad & Tobago both yrs)		
* Meb Keflezighi	2000	10,000m (12th)

THE PAST FIVE USA MARATHON CHAMPIONS

Alfredo Viguera, 1999
Rod DeHaven, 2000
Scott Larson, 2001
Dan Browne, 2002
Ryan Shay, 2003

FIVE-TIME QUALIFIER

Darrell General, 38,
Mitchellville, MD

FOUR-TIME QUALIFIER

Terrence Mahon, 33,
Ardmore, PA

YOUNGEST QUALIFIER

Ben Rosario (photo right)
24, (born January 13, 1980)
Rochester Hills, MI



Ben Rosario is youngest and member of the club with most male qualifiers: Hansons-Brooks.

POPULAR DEGREES

1. History	7
Education	7
3. Economics	6
4. Design	5
Business	5
Engineering	5

(of the 98 responses, 88 had college degrees or 90%, national ave=24%)

ATHLETE SPONSORS

1. Nike	14
2. Brooks	11
3. adidas	9
New Balance	9
5. Fila	3
Army (WCAP)	3

MOST CLUB MEMBERS

1. Hansons-Brooks	10
2. Nike Farm Team	5
Team USA CA	5
3. Army WCAP	3

TOP STATES (MEN ONLY)

(see pages 4-6 for complete list)

1. California	15
2. Michigan	12
3. Colorado	10
4. Oregon	6
Virginia	6

TOP STATES (MEN+WOMEN)

1. California	36
2. Colorado	20
3. Michigan	17
4. Pennsylvania	13
5. Oregon	12
Minnesota	11
7. New York	10
Utah	10
Massachusetts	10
10. New Mexico	9
11. Virginia	8
Wisconsin	8
13. Arizona	7
14. Georgia	7

OLDEST QUALIFIER

Eddy Hellebuyck, 43, Albuquerque, NM
(born January 22, 1961, see bio page 8)

THREE MASTERS

Alfredo Viguera, 41, Woodland, CA
Mark Newman, 41, Germantown, TN
Eddy Hellebuyck, 43, Albuquerque, NM

MOST QUALIFYING TIMES (5)

Clint Verran, 28, Rochester Hills, MI
time/place/race/date
2:14:17, (13), LaSalle Bank Chicago, IL, 10/13/02
2:15:19a, (17), Boston, MA, 04/15/02
2:15:52a, (3), USA Men's Championship, AL, 02/08/03
2:16:42, (39), World Championships, FRA, 08/30/03
2:17:20, (14), New York City, NY, 11/04/01

TEN FOREIGN BORN

Phillimon Hanneck, Masondera, Zimbabwe
Eddy Hellebuyck, Deinze, Belgium
Ronnie Holassie, Trinidad & Tobago
Conor Holt, Dublin, Ireland
Meb Keflezighi, Asmara, Eritrea
Khalid Khannouchi, Meknes, Morocco
Patrick Muturi, Kenya
Scott Nicholas, Sydney, Australia
Scott Strand, Halifax, Nova Scotia, Canada
Alfredo Viguera, La Comunidad, Mexico

HAS A TWIN

Brad Hauser (Brent)
Weldon Johnson (Robert)

2004 U.S. Olympic Team Trials - Men's Marathon

Qualifiers by State



2003 Championship Start by Photo Run

NAME, AGE, HOMETOWN, ST	QUALIFYING TIME	BEST MARATHON	AFFILIATION, OCCUPATION, DEGREE, COLLEGE
Scott Strand, 25, Birmingham, AL	2:16:52a AL 02/08/03	2:16:52a [AL 02/08/03]	New Balance, store manager, Auburn '91
Weldon Johnson, 30, Flagstaff, AZ	2:18:10 IL 10/13/02	2:18:10 [IL 10/13/02]	LetsRun.com, athlete/website, B.A. economics/history '96, Yale
Greg Wenneborg, 36, Tucson, AZ	2:18:47a TX 02/17/02	2:18:47a [TX 02/17/02]	unattached, teacher/coach, B.S. finance '90, UT San Antonio; M.A.
Timothy Martin, 29, Page, AZ	2:21:12a CA 12/07/03	2:21:12a [CA 12/07/03]	Runner's High, teacher, B.S. biology/secondary ed '98, No. Arizona
Meb Keflezighi, 28, Mammoth Lakes, CA	2:10:03 IL 10/12/03	2:10:03 [IL 10/12/03]	Nike, athlete, UCLA '98
Brad Hauser, 26, Mountain View, CA	2:14:15 MN 09/29/02	2:14:15 [MN 09/29/02]	Nike, athlete, B.A. human biology, Stanford '00
Josh Cox, 28, El Cajon, CA	2:15:01 IL 10/13/02	2:13:55 [IL 10/22/00]	Fila, athlete, B.S. phys. ed/health '98, Liberty University
Greg Jimmerson, 29, Los Altos Hills, CA	2:16:27 MN 09/29/02	2:16:27 [MN 09/29/02]	Nike Farm Team, mech. engineer, B.S. product design '98, Stanford
Peter Gilmore, 26, Menlo Park, CA	2:17:33 IL 10/12/03	2:17:33 [IL 10/12/03]	Nike Farm Team, special ed aide, B.A. geography '00, UC-Berkeley
Chris Graff, 28, Palo Alto, CA	2:18:45a AL 02/08/03	2:18:45a [AL 02/08/03]	Nike Farm Team, athlete, St. John's '98
Matt Downin, 26, La Jolla, CA	2:18:48 NY 11/02/03	2:18:48 [NY 11/02/03]	New Balance, athlete, B.S. economics '00, Wisconsin
Peter Clusener, 26, Arcata, CA	2:19:31 IL 10/12/03	2:19:31 [IL 10/12/03]	Humboldt TC, student, Humboldt State
Steve Moreno, 26, Oakland, CA	2:19:44 IL 10/12/03	2:19:44 [IL 10/12/03]	adidas Transports, teacher, B.A. ethnic studies '99, UC-Berkeley
Alfredo Viguera, 41, Woodland, CA	2:20:41a CA 12/07/03	2:13:26 [CA 03/03/96]	Brooks, athlete
Tom McGlynn, 31, Burlingame, CA	2:20:42 IL 10/12/03	2:20:42 [IL 10/12/03]	Nike Farm Team, running coach, B.S. env. engineering '96, Penn St
Corey Creasey, 24, Berkeley, CA	2:21:05a MN 06/21/03	2:21:05a [MN 06/21/03]	adidas Transports, retail sales/film, B.A. film '02, UC-Berkeley
Alex Tilson, 33, Burlingame, CA	2:21:18a CA 12/08/02	2:21:18a [CA 12/08/02]	development manager, B.S. mechanical engineering '92, Stanford
Nate Bowen, 27, Menlo Park, CA	2:21:26a AL 02/08/03	2:21:26a [AL 02/08/03]	Nike Farm Team, educator, B.A. history and English '99, UC-Davis
Chad Worthen, 30, Sacramento, CA	2:22:03a CA 12/08/02	2:22:03a [CA 12/08/02]	West Valley TC, sales manager, B.A. kinesiology '98, Cal State-Sac.
Alan Culpepper, 31, Louisville, CO	2:09:41 IL 10/13/02	2:09:41 [IL 10/13/02]	adidas, athlete, B.A. geography and sociology, Colorado '96
Peter De La Cerda, 32, Alamosa, CO	2:14:41 IL 10/13/02	2:14:41 [IL 10/13/02]	New Balance, athlete/teacher, B.A. history/ed '97, Adams State
Scott Larson, 34, Superior, CO	2:15:26 NY 11/04/01	2:14:57 [IL 10/19/97]	New Balance, athlete, B.S. finance '94, Colorado
Scott Goff, 27, Boulder, CO	2:16:36a MN 06/21/03	2:16:36a [MN 06/21/03]	Army WCAP, U.S. army, B.S. mech. engineering '99, West Point
Shawn Found, 33, Boulder, CO	2:18:29 NY 11/04/01	2:18:29 [NY 11/04/01]	Army WCAP, athlete, Colorado '94
Art Siemers, 31, Arvada, CO	2:18:52a CA 12/08/02	2:18:52a [CA 12/08/02]	adidas, teacher, B.A. elementary ed/history '95, Illinois State
Peter Julian, 32, Boulder, CO	2:19:08 PA 05/05/02	2:15:54 [IL 10/07/01]	adidas, athlete, Portland '94
Eric Mack, 29, Colorado Springs, CO	2:20:09a MN 06/21/03	2:12:42 [IL 10/22/00]	USAF/ACAP/Nike, athlete, B.S. political science '96, Air Force Acad.
Patrick Muturi, 31, Lafayette, CO	2:20:43a MN 06/21/03	2:08:59 [IL 10/19/97]	Army WCAP, athlete/soldier
Sean Nesbitt, 29, Boulder, CO	2:21:30 KY 04/26/03	2:21:30 [KY 04/26/03]	Boulder RC, GIS tech, B.S. history '97, Eastern Oregon
Ronnie Holassie, 32, Miramar, FL	2:17:29 FL 02/02/03	2:13:03 [OH 04/29/01]	Runner's Edge RT, horse groomer
Mike Dudley, 33, Kennesaw, GA	2:20:29 MI 10/05/03	2:14:37a [CA 12/05/99]	student, B.A. '97, West Virginia
Chris Wehrman, 27, Chicago, IL	2:19:03a MA 04/15/02	2:17:50 [MI 10/21/01]	
Jimmy Hearld, 35, Louisville, KY	2:12:51a TX 02/16/03	2:12:51a [TX 02/16/03]	Fleet Feet Sports, tech. specialist, B.S. rec. '91, SE Missouri St
Ken Pliska, 38, Littleton, MA	2:20:48a UT 10/04/03	2:20:48a [UT 10/04/03]	Whirlaway RT, retail sales, Westfield State College
Terrance Shea, 30, Somerville, MA	2:21:54 IL 10/12/03	2:21:54 [IL 10/12/03]	Hansons-Brooks, sales, B.S. biochemistry '96, Bucknell
Darrell General, 38, Mitchellville, MD	2:19:34 PA 11/24/02	2:14:42a [NJ 04/30/89]	unattached, teacher's aide
Edmund Burke, 34, Burtonsville, MD	2:21:53P IL 10/12/03	2:21:53 [IL 10/12/03]	

2004 U.S. Olympic Team Trials - Men's Marathon

NAME, AGE, HOMETOWN, ST	QUALIFYING TIME	BEST MARATHON	AFFILIATION, OCCUPATION, DEGREE, COLLEGE
Kyle Baker, 28, Mason, MI	2:14:13 IL 10/13/02	2:14:13 [IL 10/13/02]	adidas, coach and athlete, B.A. business admin. '99, Mich State
Clint Verran, 28, Rochester Hills, MI	2:14:17 IL 10/13/02	2:14:17 [IL 10/13/02]	Hansons-Brooks, physical therapist, B.S. exer. science '98, E. Mich
Ryan Shay, 24, East Jordan, MI	2:14:29a AL 02/08/03	2:14:29a [AL 02/08/03]	Nike, athlete, B.A. economics/computer apps '02, Notre Dame
Jeff Campbell, 32, Rochester Hills, MI	2:16:26a AL 02/08/03	2:16:26a [AL 02/08/03]	Hansons-Brooks, runner, B.S. '94, South Alabama
Mike Franko, 29, Rochester Hills, MI	2:19:30 MI 05/25/02	2:19:30 [MI 05/25/02]	Hansons-Brooks, retail sales, B.S. political science '98, E. Michigan
Carl Rundell, 35, Birmingham, MI	2:19:59a AL 02/08/03	2:19:59a [AL 02/08/03]	Hansons-Brooks, consultant, M.S. biomedical eng/math, Vanderbilt
Brian Sell, 25, Rochester Hills, MI	2:20:01 IL 10/12/03	2:20:01 [IL 10/12/03]	Hansons-Brooks, retail sales, B.S. biology '01, St. Francis
Bob Busquaert, 29, Romeo, MI	2:20:20a MN 06/21/03	2:20:20a [MN 06/21/03]	Hansons-Brooks, student/teacher, B.A. math '97, Alabama (UAB)
Nick Cordes, 24, Rochester Hills, MI	2:20:35 IL 10/12/03	2:20:35 [IL 10/12/03]	Hansons-Brooks, retail sales, B.S. business admin. '03, Ashland
Trent Briney, 25, Rochester Hills, MI	2:21:10 IL 10/12/03	2:21:10 [IL 10/12/03]	Hansons-Brooks, retail sales, B.A. business '01, U of C-Co.Springs
Paul Aufdemberge, 39, Redford, MI	2:21:55 IL 10/12/03	2:20:56a [TX 02/18/01]	Hillsdale '87
Ben Rosario, 24, Rochester Hills, MI	2:22:01P IL 10/12/03	2:22:01P [IL 10/12/03]	Hansons-Brooks, athlete/writer, B.A. journalism, Truman St Univ
Chris Lundstrom, 27, Northfield, MN	2:18:08 NY 11/04/01	2:18:08 [NY 11/04/01]	adidas/Team USA MN, athlete/writer, B.A. humanities '98, Stanford
Jason Lehmkuhle, 26, St. Paul, MN	2:18:24 IL 10/12/03	2:18:24 [IL 10/12/03]	Team USA MN/ASICS, manager/graphics, B.S. design '99, Drake U
Eric Hartmark, 25, Roseville, MN	2:21:57a UT 10/04/03	2:21:57a [UT 10/04/03]	Run n Fun, business owner, B.S. applied economics '00, Minnesota
Phil Hudnall, 33, Kansas City, MO	2:21:40 KY 04/27/02	2:21:40 [KY 04/27/02]	Fila, sales representative, B.A. psychology '95, Park University
Kevin Taylor, 28, Raleigh, NC	2:20:18 IL 10/12/03	2:20:18 [IL 10/12/03]	teacher, B.S. biology '99, Shippensburg
James McGown, 29, Shelton, NE	2:20:51a AL 02/08/03	2:20:51a [AL 02/08/03]	Team Nebraska, guidance counselor, B.A. education '98, Wayne St
Mark Coogan, 37, Exeter, NH	2:17:35a MA 04/15/02	2:13:05 [NC 02/17/96]	New Balance, athlete, B.A. economics '88, Maryland
Ed Callinan, 29, Cherry Hill, NJ	2:21:22 PA 11/23/03	2:21:22 [PA 11/23/03]	Philadelphia TC, communications spec., B.A. English '96, Brandeis
Eddy Hellebuyck, 43, Albuquerque, NM	2:12:46 MN 10/05/03	2:11:50 [BEL04/10/94]	Saucony, athlete, Belgian Military Academy
David Morris, 33, Albuquerque, NM	2:15:27 MN 09/29/02	2:09:32 [IL 10/24/99]	New Balance, athlete, B.S. computer science '94, Montana
Teddy Mitchell, 31, Albuquerque, NM	2:16:00a MN 06/21/03	2:16:00a [MN 06/21/03]	Saucony, retail sales, B.S./B.A. finance, med sports mgt, Arkansas
Filomeno Apodaca, 38, Las Cruces, NM	2:16:24a UT 10/05/02	2:16:24a [UT 10/05/02]	PowerBar, cardio technician, A.S. '97, New Mexico State University
Brantley Lutz, 28, Albuquerque, NM	2:20:55 MN 09/29/02	2:20:55 [MN 09/29/02]	PowerBar, bartender, B.S. engineering mechanics '99, Michigan St
Jason Mayeroff, 35, Bangkok, THA [Reno NV]	2:18:27 GER 09/29/02	2:18:27 [GER09/29/02]	Bondi Runners, athlete, B.S. mathematics '91, Centre College
Khalid Khannouchi, 32, Ossining, NY	2:05:38 GBR 04/14/02	2:05:38 [GBR04/14/02]	New Balance, athlete
Todd Reeser, 30, Rochester, NY	2:15:11 IL 10/12/03	2:15:11 [IL 10/12/03]	Team USA New York, athlete, B.A. history/psych '96, U. Rochester
Kevin Collins, 32, Craryville, NY	2:15:32a AL 02/08/03	2:15:32a [AL 02/08/03]	Fleet Feet, athlete, Medical Illustration, Rochester Institute of Tech
Brian Clas, 31, New York, NY	2:17:15a AL 02/08/03	2:17:15a [AL 02/08/03]	NYAC, researcher/athlete, Cornell '94
Eric Blake, 24, Plattsburgh, NY	2:21:24a PA 10/12/03	2:21:24 [PA 10/12/03]	Central Mass Strider, track coach, B.S. educ '02, Central Conn St
Jim Jurcevich, 27, Columbus, OH	2:15:13 OH 10/19/03	2:15:13 [OH 10/19/03]	Reebok, athlete, B.S. management, Michigan State '99
Fred Kieser, 32, Cleveland, OH	2:19:01 OH 10/19/03	2:18:27 [MI 10/17/99]	Mizuno/Second Sole, teacher, B.A./M.S. exercise sci, Miami (OH)
Matt Folk, 27, Youngstown, OH	2:21:11 OH 10/19/03	2:21:11 [OH 10/19/03]	Run-Insight.com, sales/coach, B.S./B.A. accounting, Youngstn St
Tony Fraij, 29, Hilliard, OH	2:21:21a MN 06/22/02	2:21:19 [MN 10/03/99]	Second Sole, packaging engineer, B.S. '96, Rochester Institute
Conor Holt, 31, Norman, OK	2:21:41a MN 06/21/03	2:21:41a [MN 06/21/03]	gardener, B.A. music '96, Oklahoma
Dan Browne, 28, Portland, OR	2:11:35 MN 09/29/02	2:11:35 [MN 09/29/02]	Nike, athlete, U.S. Military Academy at West Point '97
Michael Donnelly, 29, Portland, OR	2:17:54 IL 10/12/03	2:17:54 [IL 10/12/03]	Nike, athlete, Providence '97
Scott Nicholas, 30, Portland, OR	2:18:52a MN 06/22/02	2:18:52a [MN 06/22/02]	planner, B.A. history '96, Oregon
Ian Solof, 32, Portland, OR	2:20:04a CA 12/08/02	2:20:04a [CA 12/08/02]	Nike Portland, track coach, B.A. history '95, University of Portland
Phillimon Hanneck, 32, Portland, OR	2:20:12 NY 11/02/03	2:20:12 [NY 11/02/03]	Nike, athlete, B.B.A. management '95, U of Texas-El Paso (UTEP)
John Dimoff, 32, Portland, OR	2:20:26a CA 12/08/02	2:18:06 [NC 02/17/96]	Nike, customer service rep, B.A. econ. '93, Ore/B.S. anthro, Wash
Richard Byrne, 39, Sciota, PA	2:19:12 IL 10/13/02	2:19:12 [IL 10/13/02]	Ridgewood RC, store manager, Houston and Nebraska
Terrence Mahon, 33, Ardmore, PA	2:21:10 NY 11/04/01	2:13:02 [IL 10/19/97]	adidas, physical therapist, B.A. English '93, Villanova
Matt Sandercock, 34, Downingtown, PA	2:21:20a PA 10/13/02	2:21:20a [PA 10/13/02]	Bryn Mawr RC, teacher, B.S. liberal studies '92, West Chester
Matthew Marcini, 27, York, PA	2:21:25 IL 10/12/03	2:21:25 [IL 10/12/03]	Flying Feet, teacher, B.A. history secondary education '99, E Mich
Matthew Byrne, 29, Philadelphia, PA	2:21:42P PA 11/23/03	2:21:42 [PA 11/23/03]	

Continued on page 6

2004 U.S. Olympic Team Trials - Men's Marathon

Continued from page 5

NAME, AGE, HOMETOWN, ST	QUALIFYING TIME	BEST MARATHON	AFFILIATION, OCCUPATION, DEGREE, COLLEGE
Mark Newman, 41, Germantown, TN	2:21:26 IL 10/13/02	2:19:31a [MN 06/17/95]	Pilgrimage Sports, FedEx pilot, B.S. oceanography '84, Naval Acad
Bill Kabasenche, 31, Knoxville, TN	2:21:35 IL 10/13/02	2:21:35 [IL 10/13/02]	Runner's Market RT, graduate student, B.A. philos. '95, Wheaton
Curtis Moore, 27, Riverton, UT	2:18:48a UT 10/05/02	2:18:48a [UT 10/05/02]	graphic designer, B.S. graphic design '02, Southern Utah
Trevor Pettingill, 26, Salt Lake City, UT	2:20:35a UT 10/04/03	2:20:35a [UT 10/04/03]	Salt Lake Running Co, grad student, B.S. physical therapy '01, BYU
Joe Wilson, 28, Ogden, UT	2:21:31a TX 02/16/03	2:21:31a [TX 02/16/03]	teacher/coach, B.A. teaching '03, Weber State
Corbin Talley, 25, Farmington, UT	2:21:33a UT 10/04/03	2:21:33a [UT 10/04/03]	
Matthew Harmer, 31, Salt Lake City, UT	2:21:41a UT 10/04/03	2:21:41a [UT 10/04/03]	
Keith Dowling, 34, Reston, VA	2:13:28a MA 04/15/02	2:13:28a [MA 04/15/02]	adidas, athlete, B.A. English '91, Pittsburgh
Chris Banks, 25, Alexandria, VA	2:18:52a AL 02/08/03	2:18:52a [AL 02/08/03]	retail sales, B.A. English '00, Princeton
Peter Sherry, 35, Great Falls, VA	2:20:38 NY 11/04/01	2:20:38 [NY 11/04/01]	Fila, store owner, Georgetown '91
Nick Gramsky, 25, McLean, VA	2:20:46 IL 10/12/03	2:20:46 [IL 10/12/03]	Lockheed Martin, systems eng, B.S. comp sci/math '00, Miami (FL)
Aaron Church, 28, South Riding, VA	2:21:47a MN 06/21/03	2:21:47a [MN 06/21/03]	Brooks & Wigwam, engineer, B.S., bus+Spanish, James Madison
Michael Wardian, 29, Arlington, VA	2:21:48 MI 10/05/03	2:21:48 [MI 10/05/03]	Pacers/New Balance, int'l ship broker, B.A. int'l relations, Mich St
Rod DeHaven, 37, Madison, WI	2:13:18a CA 12/08/02	2:11:40 [IL 10/07/01]	New Balance, systems analyst, B.S. comp sci '89, So Dakota St
Joseph Mahoney, 31, Madison, WI	2:19:38 IL 10/13/02	2:19:38 [IL 10/13/02]	Pittsburgh PH, pediatrician, B.A. neuroscience psych '94, Wesleyan
Ryan Meissen, 25, Hudson, WI	2:20:59 MN 09/29/02	2:20:59 [MN 09/29/02]	Wisconsin RRT, tech.analyst, B.A. finance '01, U of Wis-Whitewater
Mark Manz, 30, Kiel, WI	2:21:43 IL 10/12/03	2:21:43 [IL 10/12/03]	store manager, B.S. health promotions '97, UW-Stevens Point
Jason Ryf, 32, Oshkosh, WI	2:22:24* IL 10/12/03	2:22:24 [IL 10/12/03]	teacher, B.F.A. '94, U of Wisconsin-Stevens Point
Michael Cox, 28, Princeton, WV	2:22:06P IL 10/12/03	2:22:06P [IL 10/12/03]	
Erik Kean, 26, Cheyenne, WY	2:20:38a CA 12/07/03	2:20:38a [CA 12/07/03]	retail sales, B.A. politics '99, Princeton

2004 Selection Procedures

for U.S. Olympic Team Trials - Men's Marathon

hosted by the Mercedes Marathon on February 7 in Birmingham, AL

Qualifying window:

January 1, 2002 - January 8, 2004 and November 4, 2001

U.S. Olympic Marathon Trials Standards for Men

A = 2:20:00 B = 2:22:00

Qualifying Guidelines

1. The qualifying mark must be made in a race on a certified course recognized by USA Track & Field or a member federation of the International Association of Athletics Federations (IAAF).
2. The qualifying standards must be met from January 1, 2002 through January 8, 2004 or at the 2001 USA Marathon Championships (November 4, 2001).
3. All qualifying performances are subject to verification.
4. "Gun" time is the only acceptable method of timing. Chip/net times cannot be used for qualifying.
5. Athletes must meet the "B" standard in order to enter the Olympic Trials. By running the "A" standard, athletes will have their expenses paid to the Olympic Trials.

The first opportunity to qualify for U.S. men was at the 2001 USA Marathon Championships hosted by the New York City Marathon on Sunday, November 4. Thereafter, the qualifying window re-opened on January 1, 2002 and closed 30 days (January 8) before the Olympic qualifying race in Birmingham, AL.

for U.S. Olympic Team - Men's Marathon

Men's Olympic Marathon

Athens, Greece, Sunday, August 29, 2004, 6:00pm

The point-to-point course starts at the historic site of Marathon and finishes in Athens at the marble Panathinaiko Stadium where the first modern Games were held in 1896.

2004 Olympic Marathon Qualifying Standards

for MEN A = 2:15:00 B = 2:18:00

1. Only athletes who finish the U.S. Olympic Team Trials in Birmingham and who have achieved the Olympic "A" or "B" qualifying standard will be eligible for selection to the 2004 U.S. Olympic Team.
2. If the Olympic Trials winner has achieved the Olympic "A" qualifying standard during the selection period, he will be nominated to the Olympic Team. Other members of the team, up to the maximum allowed will be selected from athletes, in rank order of finish at the Olympic Trials, who have met the Olympic "A" qualifying standard.
3. If the Olympic Trials winner has not achieved the Olympic "A" qualifying standard, but has achieved the Olympic "B" qualifying standard during the selection period, he will be the only marathon athlete nominated to the Olympic Team.

For additional criteria see the following web page:

www.usatf.org/events/2004/OlympicGames/entry/selectionProcedures_marathon.shtml

2004 U.S. Olympic Team Trials - Men's Marathon Bios



Khalid Khannouchi

Note: at press time Khannouchi had withdrawn due to injury and is not expected to compete.

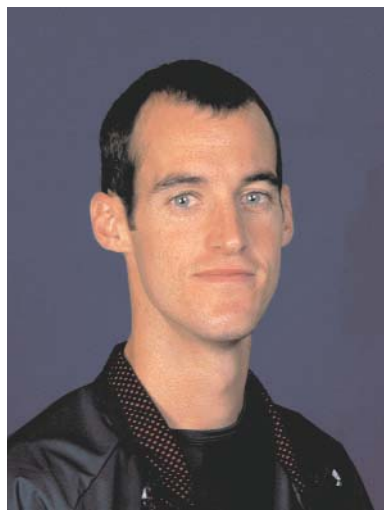
New Balance
Ossining, NY
Age: 32 [12/22/71] 5' 5" 125lbs
Occupation: athlete
Best Performances:

Qualifying Time: 2:05:38 GBR 04/14/02
College:
Family: Married to Sandra
Previous Trials Qualifier: '00

Best 5KM: 13:24 [RI 09/14/97] Best 10KM: 27:45a [GA 07/04/99]
Best HMAR: 1:00:27 [PA 09/28/97] Best MARA: 2:05:38 [GBR04/14/02]
Former marathon WR holder; 2002 London Marathon champion
#3, #4 & #7 all-time in the marathon (all under 2:06:00)
Four-time LaSalle Bank Chicago Marathon champion
Set U.S. marathon record (2:05:38); born in Meknes, Morocco

2003 Performances:

Time 10Kequiv.	Race	Date	ST	Dist
18:11 [29:05]	Steamboat Classic	06/07/03	IL	4MI
29:12 [29:36]	Peachtree 10K	07/04/03	GA	10K



Alan Culpepper

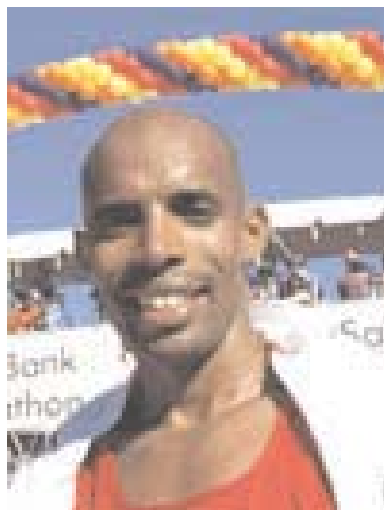
adidas
Louisville, CO
Age: 31 [09/15/72] 6' 1" 130lbs
Occupation: athlete
Best Performances:

Qualifying Time: 2:09:41 IL 10/13/02
College: B.A. geography and sociology, Colorado '96
Family: Married to Shayne, one child
Previous Trials Qualifier: n.a.

Best 10KM: 28:59 [TX 02/22/03] Best MARA: 2:09:41 [IL 10/13/02]
Best 10K/Tr: 27:33.93 [CA 05/04/01]
2000 Olympian at 10,000 meters; 1999/03 USA 10,000m champion
U.S. marathon debut record (2:09:41) at Chicago 2002
2002 USA 5000m champion; 1999/03 USA 12K cross country champ
2nd 2002 Bolder Boulder 10K; 1996 NCAA 5000m champion

2003 Performances:

Time 10Kequiv.	Race	Date	ST	Dist
13:46 [28:48]	Carlsbad 5000	04/13/03	CA	5K
29:59 [28:56]	Celestial Seasonings Bolder Boulder	05/26/03	CO	10K
28:59 [28:59]	Cowtown Marathon & Relay, 10K	02/22/03	TX	10K



Meb Keflezighi

Nike
Mammoth Lakes, CA
Age: 28 [05/05/75] 5' 7" 127lbs
Occupation: athlete
Best Performances:

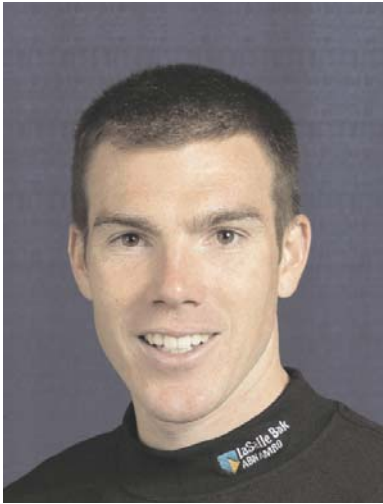
Qualifying Time: 2:10:03 IL 10/12/03
College: UCLA '98
Family: single
Previous Trials Qualifier: n.a.

Best 5KM: 13:34 [CA 04/01/01] Best 10KM: 29:23 [CA 10/18/98]
Best 10K/Tr: 27:13.98 [CA 05/04/01] Best MARA: 2:10:03 [IL 10/12/03]
2000 Olympian at 10,000 meters; 2000 Olympic Trials 10K champ
U.S. 10,000m/20K record holder; won 3 road titles - '02 & '03
2001-02 USA 12K xc champion; 2002 USA 10,000m champion
Team USA California member; born in Asmara, Eritrea

2003 Performances:

Time 10Kequiv.	Race	Date	ST	Dist
2:10:03 [27:55]	LaSalle Bank Chicago	10/12/03	IL	MAR
58:57 [28:10]	New Haven Road Race	09/01/03	CT	20K
43:31 [28:16]	Gate River Run 15K	03/08/03	FL	15K
22:28 [28:31]	NYRR 8K	04/07/03	NY	8K
32:41 [28:43]	Quad City Times Bix 7	07/19/03	IA	7M

2004 U.S. Olympic Team Trials - Men's Marathon Bios



Dan Browne

Nike
Portland, OR
Age: 28 [06/24/75] 5'10" 145lbs
Occupation: athlete
Best Performances:

Best 5KM: 13:37 [CA 03/26/00] Best 10KM: 28:31 [AL 11/03/01]
Best HMAR: 1:03:55 [WV 08/18/01] Best MARA: 2:11:35 [MN 09/29/02]
Best 10K/Tr: 27:47.04 [CA 05/03/02]

2001-02 USARC GP champion; 2002 USA marathon champion
Debuted and won 2002 Twin Cities Marathon in 2:11:35, 2003 25K champion
2003 Pan Am Games 10,000m bronze medal

2003 Performances:

Time	10Kequiv.	Race	Date	ST	Dist
1:16:13	[28:46]	Fifth Third River Bank Run-200	05/10/03	MI	25K
1:00:46	[29:02]	New Haven Road Race	09/01/03	CT	20K
22:54	[29:04]	NYRR 8K	04/07/03	NY	8K
2:19:37	[29:58]	LaSalle Bank Chicago	10/12/03	IL	MAR



Eddy Hellebuyck

Saucony
Albuquerque, NM
Age: 43 [01/22/61] 5' 5" 105lbs
Occupation: athlete
Best Performances:

Best 5KM: 14:02a [NV 09/14/96] Best 10KM: 27:51 [BEL06/05/95]
Best HMAR: 1:00:49a [NV 02/04/95] Best MARA: 2:11:50 [BEL04/10/94]

2003 Twin Cities Mara champion; winner of 21 marathons; oldest '04 marathon qualifier
'99/01 World Championship Mara; '94 Columbus Marathon champ
U.S. masters record at 5K, 10K, 15K, 10 mile and marathon; Best 10K/Tr: 28:39.32 [1989]
Born in Deinze, Belgium; became U.S. citizen in 1999.

2003 Performances:

Time	10Kequiv.	Race	Date	ST	Dist
2:12:46	[28:32]	Twin Cities Marathon	09/28/03	MN	MAR
48:20	[29:05]	Papa John's	03/29/03	KY	10M
29:05	[29:05]	Heritage Oaks Bank 10K	09/28/03	CA	10K
1:05:12	[29:35]	BAA	10/12/03	MA	HM
45:45	[29:43]	Gate River Run 15K	03/08/03	FL	15K



Jimmy Hearld

Fleet Feet Sports
Louisville, KY
Age: 35 [03/05/68] 5' 8" 130lbs
Occupation: technical specialist
Best Performances:

Best 5KM: 14:07 [CA 03/31/96] Best 10KM: 28:35a [OH 10/08/95]
Best HMAR: 1:02:30a [TX 02/03/02] Best MARA: 2:12:51a [TX 02/16/03]
Best 10K/Tr: 28:46.5 [1996]

'98 USA 10 Mile champion 4th '96/98 USARC Grand Prix
2003 World Championships Marathon team; 12-time All-American
'96/97 World Half-Marathon Team; 5-time Kentucky state champ
Asked wife -in public- to marry him at '99 USA 10K Champs

2003 Performances:

Time	10Kequiv.	Race	Date	ST	Dist
2:12:51	[28:53]	Motorola Marathon	02/16/03	TX	MAR
48:19	[29:04]	Papa John's	03/29/03	KY	10M
2:26:59	[31:33]	IAAF Marathon World Championship	08/30/03	FRA	MAR

2004 U.S. Olympic Team Trials - Men's Marathon Bios



Rod DeHaven

New Balance
Madison, WI
Age: 37 [09/21/66] 5' 8" 130lbs
Occupation: systems analyst
Best Performances:

Best 5KM: 13:51 [IA 05/02/92] Best 10KM: 28:08a [IA 04/28/90]
Best HMAR: 1:02:40 [CA 01/21/96] Best MARA: 2:11:40 [IL 10/07/01]

2000 Olympic Mara Trials champ; 1998/00 USARC Grand Prix champ
Three-time USA half-marathon champion (Parkersburg), '98 Park Forest Scenic 10M winner
'91 World XC team; Best 10K/Tr: 28:06.25 [CAN'95]; 2000/02 Naples Daily News HM winner

2003 Performances:

Time	10Kequiv.	Race	Date	ST	Dist
59:36	[28:29]	New Haven Road Race	09/01/03	CT	20K
1:04:47	[29:24]	Naples Daily News Half-Maratho	01/26/03	FL	HM
1:05:20	[29:38]	Parkersburg	08/16/03	WV	HMA
18:35	[29:44]	Steamboat Classic	06/07/03	IL	4MI
30:11	[30:11]	Bellin 10k	06/14/03	WI	10K



Keith Dowling

adidas
Reston, VA
Age: 34 [07/04/69] 5' 7" 130lbs
Occupation: athlete
Best Performances:

Best 5KM: 13:57 [OH 07/30/94] Best 10KM: 28:36a [GA 07/04/94]
Best HMAR: 1:03:40 [FL 12/05/92] Best MARA: 2:13:28a [MA 04/15/02]

2nd '01 USA Half-Mara Champs; 2nd '98 USA 15K Championship
6th 1996 U.S. Olympic Marathon Trials (2:14:30); Best 10K/Tr: 28:15.70 [1999]
3-time All-American; 3 World XC teams; Plays guitar and collects running autobiographies.

2003 Performances:

Time	10Kequiv.	Race	Date	ST	Dist
48:14	[29:01]	Papa John's	03/29/03	KY	10M
2:18:17	[29:37]	IAAF Marathon World Champs.	08/30/03	FRA	MAR
46:16	[30:04]	Gate River Run 15K	03/08/03	FL	15K
35:21	[31:00]	SBLI Falmouth Road Race	08/10/03	MA	7M



Kyle Baker

adidas
Mason, MI
Age: 28 [01/21/76]
Occupation: coach and athlete
Best Performances:

Best 5KM: 14:18 [MI 06/27/01] Best 10KM: 29:41 [AL 11/02/02]
Best HMAR: Best MARA: 2:14:13 [IL 10/13/02]
Best 10K/Tr: 28:34.79 [04/02]

2nd '01 USA 20K Championship; 8th fastest U.S. 20K (59:22)
Marathon debut at Chicago 2002 (2:14:13); 4-time Big 10 champ
Four-time All-American; assistant coach at Michigan State

2003 Performances:

Time	10Kequiv.	Race	Date	ST	Dist
49:41	[29:53]	Crim Festival of Races	08/23/03	MI	10M
1:03:01	[30:07]	New Haven Road Race	09/01/03	CT	20K
14:54	[31:05]	Spectrum Health: Irish Jig	03/15/03	MI	5K
1:23:44	[31:36]	Fifth Third River Bank Run	05/10/03	MI	25K

2004 U.S. Olympic Team Trials - Men's Marathon Bios



Brad Hauser

Nike
 Mountain View, CA
 Age: 26 [03/28/77] 6' 2" 150lbs
 Occupation: athlete
 Best Performances:
 Best 5KM: 14:15 [CA 09/15/02] Best 10KM: 29:04 [AL 11/02/02]
 Best HMAR: 1:03:31 [CA 01/19/03] Best MARA: 2:14:15 [MN 09/29/02]

2000 Olympian at 5000 meters; 1998/00 NCAA 10,000m champion
 2000 NCAA 5000m champion; 2nd '01 USA 4K XC Championship
 3-time Footlocker Nat'l High School Cross Country finalist
 Has twin brother, Brent who also ran at Stanford; Best 10K/Tr: 27:58.02 [CA 05/03/02]

2003 Performances:

Time	10Kequiv.	Race	Date	ST	Dist
1:03:31	[28:49]	San Diego Marathon	01/19/03	CA	HM
29:35	[29:35]	Food World Senior Bowl Charity	11/08/03	AL	10K
1:02:56	[30:04]	New Haven Road Race	09/01/03	CT	20K
14:40	[30:37]	CVS/Pharmacy Downtown	09/07/03	RI	5K



Clint Verran

Hansons-Brooks
 Rochester Hills, MI
 Age: 28 [05/17/75] 6' 0 145lbs
 Occupation: physical therapist
 Best Performances:
 Best 5KM: 14:36 u [MI 03/22/03] Best 10KM: 29:14 [AL 11/08/03]
 Best HMAR: 1:04:50 [WV 08/18/01] Best MARA: 2:14:17 [IL 10/13/02]

2nd '01 USA Marathon Champs; '03 World Champs marathon team
 17th '00 World Half-Mara Champs - highest U.S. male place
 11th 2000 U.S. Olympic Marathon Trials (Pittsburgh)
 Earned masters in physical therapy at Wayne State.

2003 Performances:

Time	10Kequiv.	Race	Date	ST	Dist
29:14	[29:14]	Food World Senior Bowl Charity	11/08/03	AL	10K
2:16:42	[29:21]	IAAF Marathon World Championship	08/30/03	FRA	MAR
18:39	[29:50]	Steamboat Classic	06/07/03	IL	4MI
29:52	[29:52]	SFB 10K	07/19/03	MI	10K
23:55	[30:21]	NYRR 8K	04/07/03	NY	8K



Ryan Shay

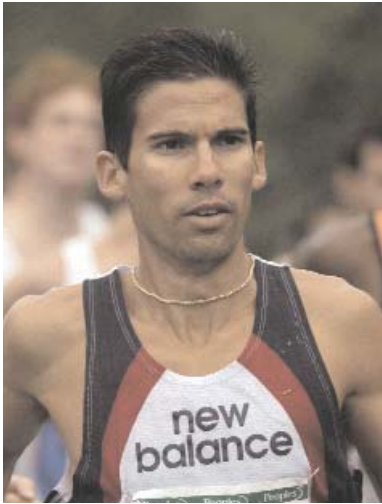
Nike
 East Jordan, MI
 Age: 24 [05/04/79] 5'10" 155lbs
 Occupation: athlete
 Best Performances:
 Best 5KM: 14:06 [RI 09/07/03] Best 10KM: 29:15 [AL 11/08/03]
 Best HMAR: 1:04:13 [MO 06/07/03] Best MARA: 2:14:29a [AL 02/08/03]
 Best 10K/Tr: 28:26.91 [CA 04/14/00]

2003 USA Marathon champion; 2003 USA Half-Marathon champ
 2003 USA Running Circuit Grand Prix champion
 2001 NCAA 10,000 champion; 9-time All-American
 Team USA California member; chiropractic school future plans

2003 Performances:

Time	10Kequiv.	Race	Date	ST	Dist
1:04:13	[29:06]	UMKC Hospital Hill Run	06/07/03	MO	HM
29:15	[29:15]	Food World Senior Bowl Charity	11/08/03	AL	10K
1:17:44	[29:20]	Fifth Third River Bank Run	05/10/03	MI	25K
14:06	[29:26]	CVS/Pharmacy Downtown	09/07/03	RI	5K
23:13	[29:28]	NYRR 8K	04/07/03	NY	8K

2004 U.S. Olympic Team Trials - Men's Marathon Bios



Peter De La Cerda

New Balance
Alamosa, CO
Age: 32 [10/01/71] 5' 8" 130lbs
Occupation: athlete/teacher
Qualifying Time: 2:14:41 IL 10/13/02
College: B.A. history/secondary ed '97, Adams State
Family: Married to Ronda, two children
Previous Trials Qualifier: '00

Best Performances:

Best 5KM: 13:59 [CA 03/31/96] Best 10KM: 29:06 [KY 10/02/99]
Best HMAR: 1:02:46a [NV 02/09/97] Best MARA: 2:14:41 [IL 10/13/02]

2002 USA Half-Mara champion; '93 10,000m NCAA II champion
'93 5000m NCAA II champion; 11-time All-American at Adams St
'97 World University Games Half-Marathon team; Best 10K/Tr: 28:47.25 [CA 05/99]
Team USA California member

2003 Performances:

Time	10Kequiv.	Race	Date	ST	Dist
33:44	[29:39]	Quad City Times Bix 7	07/19/03	IA	7M
1:05:53	[29:53]	Parkersburg	08/16/03	WV	HMA
37:03	[30:32]	Lilac Bloomsday Run	05/04/03	WA	12K
14:53	[31:03]	Stadium Stampede	06/29/03	CO	5K



Josh Cox

Fila
El Cajon, CA
Age: 28 [08/09/75] 6' 0 145lbs
Occupation: athlete
Qualifying Time: 2:15:01 IL 10/13/02
College: B.S. phys. ed/health '98, Liberty University
Family: single
Previous Trials Qualifier: '00

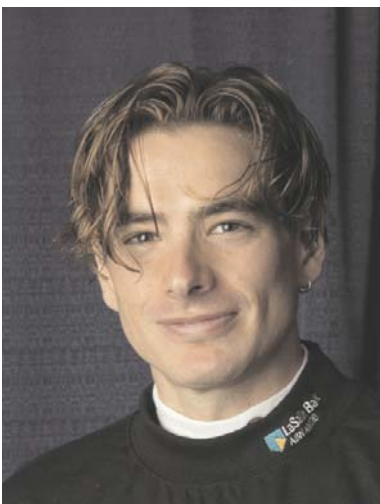
Best Performances:

Best 5KM: Best 10KM:
Best HMAR: 1:04:00a [NV 02/03/02] Best MARA: 2:13:55 [IL 10/22/00]

10th '00 Chicago Marathon; '01 World Champs marathon team
18th 2000 U.S. Olympic Marathon Trials
'97 winner Mountain Masochist 50 Mile Trail Run; set record

2003 Performances:

Time	10Kequiv.	Race	Date	ST	Dist
2:19:35	[29:58]	LaSalle Bank Chicago	10/12/03	IL	MAR
1:07:35	[30:38]	UMKC Hospital Hill Run	06/07/03	MO	HM



Todd Reeser

Team USA New York
Rochester, NY
Age: 30 [11/07/73] 6' 0 150lbs
Occupation: athlete
Qualifying Time: 2:15:11 IL 10/12/03
College: B.A. history/psychology '96, Univ. of Rochester
Family: single
Previous Trials Qualifier: '00

Best Performances:

Best 5KM: 14:45 [NY 09/28/97] Best 10KM: 29:18a [NY 09/16/00]
Best HMAR: 1:04:13 [WV 08/19/00] Best MARA: 2:15:11 [IL 10/12/03]

2000 USA 20K champion; 6th '02 USA Marathon Champs
'97/'98 World Championships Half-Marathon team (top U.S.)
4th '98 USARC Grand Prix; NCAA Division III All-American
2-time NY State College XC champion

2003 Performances:

Time	10Kequiv.	Race	Date	ST	Dist
1:00:13	[28:46]	New Haven Road Race	09/01/03	CT	20K
2:15:11	[29:01]	LaSalle Bank Chicago	10/12/03	IL	MAR
19:02	[30:27]	The Subaru Buffalo 4 Mile Chase	07/19/03	NY	4MI
1:08:34	[31:07]	Nissan Buffalo Half-Marathon	05/25/03	NY	HM
15:04	[31:26]	Medved 5k To Cure ALS	06/15/03	NY	5K

2004 U.S. Olympic Team Trials - Men's Marathon Bios



Jim Jurcevich

Reebok
Columbus, OH
Age: 27 [05/25/76]
Occupation: athlete
Best Performances:

Qualifying Time: 2:15:13 OH 10/19/03
College: B.S. management, Michigan State '99
Family: Married to Laura
Previous Trials Qualifier: n.a.

Best 10KM: 29:08a [OH 10/07/01] Best 10K/Tr: 28:39.20 [CA 07/14/00]
Best HMAR: 1:03:51 [BEL05/05/02] Best MARA: 2:15:13 [OH 10/19/03]

6th '00 Olympic Trials 10,000m; 2nd '03 Columbus Marathon-PR
2002 World Half-Marathon Championships team

2003 Performances:

Time	10Kequiv.	Race	Date	ST	Dist
2:15:13	[29:01]	Columbus	10/19/03	OH	MAR
46:47	[30:24]	Gate River Run 15K	03/08/03	FL	15K
1:05:01	[30:24]	3M	02/02/03	TX	HM
30:40	[30:40]	Toledo Classic	09/21/03	OH	10K
1:07:44	[30:42]	UMKC Hospital Hill Run	06/07/03	MO	HM



Scott Larson

New Balance
Superior, CO
Age: 34 [12/24/69] 5'10" 130lbs
Occupation: athlete
Best Performances:

Qualifying Time: 2:15:26 NY 11/04/01
College: B.S. finance '94, Colorado
Family: Married to Robyn
Previous Trials Qualifier: '00

Best 5KM: 14:37 [CT 07/18/03] Best 10KM: 28:50 [CA 03/09/97]
Best HMAR: 1:03:08 [GBR10/07/01] Best MARA: 2:14:57 [IL 10/19/97]

'01 USA Marathon champion; 4th '00 Olympic Mara Trials
'01 USARC Grand Prix co-champion; 2nd '99 USA Running Circuit
NCAA All-American in XC; 1998 RRCA Roads Scholar
'99/02 World Half-Marathon Champs team; enjoys the mountains.

2003 Performances:

Time	10Kequiv.	Race	Date	ST	Dist
29:27	[29:27]	Peoples Beach to Beacon 10K	08/02/03	ME	10K
1:18:28	[29:37]	Fifth Third River Bank Run	05/10/03	MI	25K
31:08	[30:04]	Celestial Seasonings Bolder Boulder	05/26/03	CO	10K
34:18	[30:08]	Quad City Times Bix 7	07/19/03	IA	7M



David Morris

New Balance
Albuquerque, NM
Age: 33 [05/17/70] 5' 8" 135lbs
Occupation: athlete
Best Performances:

Qualifying Time: 2:15:27 MN 09/29/02
College: B.S. computer science '94, Montana
Family: single
Previous Trials Qualifier: '96,'00

Best 5KM: 14:00 [CA 06/02/02] Best 10KM: 29:09 [CA 11/17/96]
Best HMAR: 1:01:08a [NV 02/04/95] Best MARA: 2:09:32 [IL 10/24/99]
Best 10K/Tr: 28:38.3 [11/29/98]

2002 USA 25K champion; '97 USA Half-Marathon champion
In 1999, set U.S. marathon record (2:09:32) at Chicago
10th at 1996 U.S. Olympic Marathon Trials (2:16:20)
'97/02 World HM Champs team; '93 NCAA 3000m indoor champ

2003 Performances:

Time	10Kequiv.	Race	Date	ST	Dist
36:18	[29:55]	Lilac Bloomsday Run	05/04/03	WA	12K
1:06:30	[30:08]	UMKC Hospital Hill Run	06/07/03	MO	HM
46:29	[30:12]	Gate River Run 15K	03/08/03	FL	15K
1:20:33	[30:24]	Fifth Third River Bank Run	05/10/03	MI	25K
31:24	[31:24]	Food World Senior Bowl Charity	11/08/03	AL	10K

2004 U.S. Olympic Team Trials - Men's Marathon Bios



Kevin Collins

Fleet Feet
Craryville, NY
Age: 32 [03/10/71] 5' 8" 135lbs
Occupation: athlete
Qualifying Time: 2:15:32a AL 02/08/03
College: Medical Illustration, Rochester Institute of Tech
Family: single
Previous Trials Qualifier: '96,'00

Best Performances:

Best 5KM: 14:59 [NY 10/02/94] Best 10KM: 30:13 [NY 04/09/95]
Best HMAR: 1:04:49 [CA 11/12/00] Best MARA: 2:15:32a [AL 02/08/03]

2nd '03 USA Marathon Champs-PR '03 World Champs marathon team
6th 2001 City of Los Angeles Marathon; 3rd '95 Grandma's Mara
5-time NCAA Division III All-American; enjoys cartooning.

2003 Performances:

Time	10Kequiv.	Race	Date	ST	Dist
2:15:38	[29:07]	IAAF Marathon World Championship	08/30/03	FRA	MAR
1:05:28	[29:43]	Valley of the Sun	03/09/03	AZ	HM
49:29	[29:46]	Run for Hospice	10/18/03	NY	10M
49:31	[29:47]	Papa John's	03/29/03	KY	10M
1:19:02	[29:50]	Fifth Third River Bank Run	05/10/03	MI	25K



Teddy Mitchell

Saucony
Albuquerque, NM
Age: 31 [02/22/72] 6' 1" 145lbs
Occupation: retail sales/coach
Qualifying Time: 2:16:00a MN 06/21/03
College: B.S./B.A. finance, med sports mgmt, Arkansas
Family: single
Previous Trials Qualifier: '00

Best Performances:

Best 5KM: 14:03a [OK 03/15/98] Best 10KM: 29:04 [AL 11/07/98]
Best HMAR: 1:05:15 [MO 06/07/03] Best MARA: 2:16:00a [MN 06/21/03]
Best 10K/Tr: 28:40.8 [1996]

4th '03 Grandma's Marathon-PR; 10th '00 Olympic Marathon Trials
5th '03 USA Half-Marathon Champs; '94 NCAA 10,000m champion
'98 World Road Relay and World XC 4K teams; three-time All-American

2003 Performances:

Time	10Kequiv.	Race	Date	ST	Dist
2:16:00a	[29:17]	Grandma's	06/21/03	MN	MAR
48:56	[29:26]	Papa John's	03/29/03	KY	10M
1:05:15	[29:34]	UMKC Hospital Hill Run	06/07/03	MO	HM
14:23	[30:02]	CVS/Pharmacy Downtown	09/07/03	RI	5K
36:35	[30:09]	Lilac Bloomsday Run	05/04/03	WA	12K

2004 USA Running Circuit (USARC) Offers Record Purse

Olympic Team Trials - Men's Marathon Kicks-Off Season on February 7

With a record \$818,700 in guaranteed prize money, the richest USA Running Circuit in history is set for 2004. The USARC, a USA Track & Field road series, features USA Championships from 5 km to the marathon and attracts the best U.S. distance runners, including Olympians Deena Drossin, Meb Keflezighi, Elva Dryer and Bob Kennedy.

The tenth edition for the men and ninth for the women, the 2004 circuit has nine events for men and seven events for

women. Every 2003 USARC race has returned to host a national championship.

National championship prize money totals more than \$790,000 plus a \$25,000 grand prix purse. The River Bank Run 25K, CVS/pharmacy Downtown 5K and Tufts 10K also have Open prize money. The first ten U.S. runners earn points at each USARC race (15 points for 1st, 12 for 2nd, 10 for 3rd, 7, 6, 5, 4, 3, 2 and 1), with a final \$12,500 grand prix purse (\$6000, \$4000 and \$2500) for the top three men

and women point scorers overall. The USARC points at the USA Marathon Championships will be doubled.

The 2004 Olympic Team Trials - Men's Marathon, hosted by the Mercedes Marathon on February 7 in Birmingham, Alabama, kicks off the Men's USARC. The Gate River Run 15K, a long-standing national championship, opens the Women's USARC (also a Men's event) on March 13.

'04 USARC Schedule & '03 Summary on p.22

U.S. Men's Olympic Marathon Trials History

The Historical Selection Process of the U.S. Olympic Marathon Team by Dr. Bill Mallon

Condensed from pages 2-5, 1988 U.S. Olympic Marathon Trials Media Guide

Since 1968, the format for selecting U.S. Olympic marathoners has been fairly constant - hold a race, invite the best athletes and take the top three finishers to the Olympics. But it was not always so as in the early years of the modern Olympic Games various methods were used to select the U.S. marathoners for the Olympics.

1896 The first U.S. Olympic team was simply made up of athletes who decided to go to Athens to compete. At an indoor meet in February in Boston, Art Blake won his distance race easily and joked, "Oh, I am too good for Boston. I ought to go over and run the marathon in Athens." The remark was overheard by Arthur Burnham, a wealthy stockbroker who agreed to partly finance the trip for a group of Boston Athletic Association athletes.

1900 Again there was no official team selection or trials. Word of the Paris Games was spread to this country through Albert Spaulding of baseball and Spaulding Company fame. Several of the colleges and clubs decided to send a team of athletes to the Paris Games. Art Newton of the New York Athletic Club went to Paris as a result of winning a 15-mile race sponsored by that club on June 17. Dick Grant, of Harvard and the Boston Athletic Association, and Ron MacDonald, a Tufts medical student may have been sponsored by the BAA.

1904 Approximately 30 marathoners showed up for the St. Louis Olympics, a few affiliated with club teams, but the majority of them were there on their own accord. Most were Americans or Greeks, but the Greeks were for the most part Greek-Americans who had settled in this country.

1906 The 1906 Olympics are usually termed unofficial but they are historically important as well. For the first time, an American team was selected and, also for the first time, there was one standard uniform for the American athletes to wear. The AAU met in New York on February 27 and chose the athletes they thought would do the best in Athens. The first true American national team sailed for Greece on March 31.

1908-1960 Over the next five decades several races were used to determine the U.S. team for each Olympiad. They included: The Boston Marathon ('08, '12, '20, '24, '28, '32, '36, '39, '40, '47, '48, '51, '52, '56, '60), St. Louis Missouri AC ('08, '12), the "New York Evening Mail" modified marathon (about 12 miles, '12), a marathon in Los Angeles ('12), Brooklyn Seagate Marathon ('20), Detroit Auto City Marathon ('20), New York Marathon ('20), New York to Long Beach AAU Championship race ('28), the Chesapeake Bay Marathon ('28), Baltimore Marathon ('32), AAU Championship in Washington ('36) and AAU at Yonkers ('39, '47, '52, '56, '60).

The 1940 Games did not take place as originally scheduled but the marathon trials were held and three athletes were designated as "Olympic team" members. For the first time, a point for place system was used (1 for first, 2 for second, etc.) with the top three placers overall being named to the Olympic team. The point system continued to be used with varying degrees of success until 1964. In 1952 Ted Corbitt was given the third spot on the team even though he was only tied for fourth in point totals because he beat the other two candidates.

In 1960 AAU policy demanded that the marathoners finish both trials races (Boston and AAU Yonkers) in order to be selected for the Olympic team. At the time, the top American marathoner was clearly John J. "The Younger" Kelley. He won the AAU championship easily but was forced to drop out of the Boston race with a heel blister. Luckily for Kelley, the ruling was rescinded. Based on the point system which supposedly was still in use, the unlucky athlete who had actually qualified was Robert Cons, who finished fourth at Yonkers and eighth at Boston.

1964 There were once again two marathon trials: The AAU race at Yonkers on May 24 and a new race on the Olympic trials scene, the Culver City Marathon in California on July 26. The winner of the AAU race was an automatic selection with the top two American finishers from Culver City being the other selections. For the first time ever,

the Boston Marathon had no bearing in the selection of U.S. Olympic marathoners.

At Yonkers, Buddy Edelen, who was our top international marathoner since Clarence DeMar, made a rare U.S. appearance after training and racing in England. He put on what was surely one of the greatest performances in U.S. Olympic Marathon Trials history. That May day in Yonkers was marked by high humidity and 91 degrees F (33 degrees C) but only Edelen seemed unaffected. Finishing the difficult course in 2:24:26, his margin of victory was almost 20 minutes.

1968-2004 In 1968, the marathoners were chosen for the first time on the basis of a single race and this has been the standard practice ever since. In 1984, women held their first Olympic Trials after the race was added to the Olympic program. The race sites and dates for men have been as follows:

- 1968 - Alamosa, Colorado, August 18
- 1972 - Eugene, Oregon, July 9
- 1976 - Eugene, Oregon, May 22
- 1980 - Niagara Falls, New York, May 24
- 1984 - Buffalo, New York, May 26
- 1988 - Jersey City, New Jersey, April 24
- 1992 - Columbus, Ohio, April 11
- 1996 - Charlotte, North Carolina, Feb. 17
- 2000 - Pittsburgh, Pennsylvania, May 7
- 2004 - Birmingham, Alabama, February 7

Top Ten U.S. Olympic Marathon Trials Times

- 1 2:10:19 Tony Sandoval (1980)
- 2 2:10:41 Benji Durden (1980)
- 3 2:10:55 Kyle Heffner (1980)
- 4 2:11:43 Pete Pfitzinger (1984)
- 5 2:11:44 Alberto Salazar (1984)
- 6 2:11:50 John Tuttle (1984)
- 7 2:11:51 Frank Shorter (1976)
- 8 2:11:58 Bill Rodgers (1976)
- 9 2:11:59 Dave Gordon (1984)
- 10 2:12:25 Dean Matthews (1984)

Men's Olympic Marathon History: 1972 - 2000

Medalists & U.S. Results

1972 Munich, Germany

September 10

Competitors: 74, Nations: 39
WB: 2:08:34 (Derek Clayton)

- | | | |
|-------------------|-----|---------|
| 1) Frank Shorter | USA | 2:12:20 |
| 2) Karel Lismont | BEL | 2:14:32 |
| 3) Mamo Wolde | ETH | 2:15:09 |
| 4) Kenny Moore | USA | 2:15:40 |
| 9) Jack Bachelier | USA | 2:17:39 |

1976 Montreal, Canada

July 31

Competitors: 67, Nations: 36
WB: 2:08:34 (Derek Clayton)

- | | | |
|------------------------|-----|-------------------------|
| 1) Waldemar Cierpinski | GDR | 2:09:55, Olympic Record |
| 2) Frank Shorter | USA | 2:10:46 |
| 3) Karel Lismont | BEL | 2:11:13 |
| 4) Don Kardong | USA | 2:11:16 |
| 40) Bill Rodgers | USA | 2:25:15 |

1980 Moscow, Soviet Union

August 1

Competitors: 74, Nations: 40
WB: 2:08:34 (Derek Clayton)

- | | | |
|---------------------------|-----|---------|
| 1) Waldemar Cierpinski | GDR | 2:11:03 |
| 2) Gerald Nijboer | HOL | 2:11:20 |
| 3) Satymkul Dzhumanazarov | URS | 2:11:35 |

U.S. boycott, marathon team members were: Tony Sandoval, Benji Durden and Kyle Heffner.

1984 Los Angeles, United States

August 12, point-to-point course

Competitors: 107, Finishers: 78
Nations: 59

WB: 2:08:18 (Rob De Castella)

- | | | |
|---------------------|-----|---------------------------|
| 1) Carlos Lopes | POR | 2:09:21
Olympic Record |
| 2) John Treacy | IRL | 2:09:56 |
| 3) Charles Spedding | GBR | 2:09:58 |
| 11) Pete Pfitzinger | USA | 2:13:53 |
| 15) Alberto Salazar | USA | 2:14:19 |
| John Tuttle | DNF | |

Top Olympic Marathon Times by U.S. Men

Time (Plc)	Athlete (Year)
2:10:46 (2)	Frank Shorter (1976)
2:11:16 (4)	Don Kardong (1976)
2:12:20 (1)	Frank Shorter (1972)
2:13:53 (11)	Pete Pfitzinger (1984)
2:14:19 (15)	Alberto Salazar (1984)
2:14:44 (14)	Pete Pfitzinger (1988)
2:15:21 (12)	Steve Spence (1992)
2:15:23 (13)	Ed Eyestone (1992)
2:15:40 (4)	Kenny Moore (1972)
2:15:53 (17)	Bob Kempainen ('92)

1988 Seoul, South Korea

October 2

Competitors: 118, Finishers: 98
Nations: 66

WB: 2:06:50 (Belayneh Densimo)

- | | | |
|----------------------|------|---------|
| 1) Gelindo Bordin | ITA | 2:10:32 |
| 2) Douglas Wakiihuri | KEN | 2:10:47 |
| 3) Ahmed Salah | DJI | 2:10:59 |
| 14) Pete Pfitzinger | USA | 2:14:44 |
| 29) Ed Eyestone | USA | 2:19:09 |
| Mark Conover | USA | DNF |
| 51) Gary Fanelli | USA* | 2:25:35 |

*Represented American Samoa (U.S. territory).

1992 Barcelona, Spain

August 9, point-to-point course

Competitors: 110, Finishers: 87
Nations: 72

WB: 2:06:50 (Belayneh Densimo)

- | | | |
|---------------------|-----|---------|
| 1) Hwang Young-Jo | KOR | 2:13:23 |
| 2) Koichi Morishita | JPN | 2:13:45 |
| 3) Stephan Freigang | GER | 2:14:00 |
| 12) Steve Spence | USA | 2:15:21 |
| 13) Ed Eyestone | USA | 2:15:23 |
| 17) Bob Kempainen | USA | 2:15:53 |

1996 Atlanta, United States

August 4

Competitors: 124, Finishers: 111
Nations: 79

WB: 2:06:50 (Belayneh Densimo)

- | | | |
|--------------------|-----|---------|
| 1) Josiah Thugwane | RSA | 2:12:36 |
| 2) Lee Bong-Ju | KOR | 2:12:39 |
| 3) Eric Wainaina | KEN | 2:12:44 |

- | | | |
|-------------------|-----|---------|
| 28) Keith Brantly | USA | 2:18:17 |
| 31) Bob Kempainen | USA | 2:18:38 |
| 41) Mark Coogan | USA | 2:20:27 |

2000 Sydney, Australia

October 1, point-to-point course

Competitors: 100, Finishers: 81
Nations: 66

WB: 2:05:42 (Khalid Khannouchi)

- | | | |
|--------------------|-----|---------|
| 1) Gezahenge Abera | ETH | 2:10:11 |
| 2) Eric Wainaina | KEN | 2:10:31 |
| 3) Tesfaye Tola | ETH | 2:11:10 |
| 69) Rod DeHaven | USA | 2:30:46 |

Men's Olympic Marathon Medals by Nations

Total = 75 medals overall

	Gold	Silver	Bronze	Total
United States	3	1	5	9
Ethiopia	4	0	2	6
Finland	2	0	3	5
Great Britain	0	4	1	5
France	2	2	0	4
South Africa	2	2	0	4
Korea*	2	1	1	4
Argentina	2	1	0	3
Germany	2	0	1	3
Italy	1	1	1	3
Japan	0	2	1	3
Kenya	0	2	1	3
Belgium	0	1	2	3
Sweden	0	1	2	3
Greece	1	1	0	2
New Zealand	0	0	2	2
Canada	1	0	0	1
Czechoslovakia	1	0	0	1
Luxembourg	1	0	0	1
Portugal	1	0	0	1
Chile	0	1	0	1
Estonia	0	1	0	1
Holland	0	1	0	1
Ireland	0	1	0	1
Morocco	0	1	0	1
Yugoslavia	0	1	0	1
Djibouti	0	0	1	1
Hungary	0	0	1	1
Soviet Union	0	0	1	1

*The gold and bronze medals won by Koreans who competed for Japan in 1936 because Korea was occupied by Japan are included in the Korean total.

USA Marathon Championship Stats and Trivia

The Champions

Total = 55

Defended title = John J. Kelley (7 times), Clarence DeMar (thrice) and Melvin Porter, Patrick Dengis, Frederick McGlone, Charles Robbins Jr., Gary Tuttle and Ken Martin (once)

Multiple titles = Eight: John J. Kelley ('56-63); Four: Clarence DeMar ('26-29); Three: Melvin Porter ('33-34/'37), Patrick Dengis ('35/'38-39) and John A. Kelley ('46/'48/'50) and Two: Frederick McGlone ('42-43), Charles Robbins, Jr. ('44-45), Victor Dyrvall ('49/'52), Gary Tuttle ('75-76), Ken Martin ('84-85), Bill Reifsnnyder ('89/'91), Steve Spence ('90/'92) and Keith Brantly ('95/'98)

Fastest championship time = 2:10:41 by Bill Donakowski at Twin Cities 1986

Youngest champion = Ted Vogel (22 years, 3 months and 9 days) in 1947

Oldest champion = John A. Kelley (42 years, 9 months and 258 days) in 1950

The Championships

Total = 80 (including 2004)

Multiple host same race = Yonkers (29), Washington, DC (6), Pittsburgh (5), Boston (3), Baltimore (3), Western Hemisphere (3), Columbus (3) and Twin Cities (3)

States with most championships = New York (35), California (8), Washington, DC (6), Pennsylvania (5) and Massachusetts (4)

Shared championships (men and women) = Houston 1979, Paul Masson 1980, California International 1984, Twin Cities 1986, New York City 2001 and Twin Cities 2002

USA Men's Marathon Championship Moments

Charles in Charge

1925 - At the Boston Marathon, Charles Mellor won the first U.S. national championship over Boston legend, defending champion and 1924 Olympic Marathon bronze medalist, Clarence DeMar, 2:33:01 to 2:33:38.

Twice as Nice

1927 - Clarence DeMar became the first U.S. marathon champion to repeat with his victory in Baltimore. DeMar won the next two national titles at Boston.

Eight-Peat

1963 - John J. Kelley "The Younger" captured his record eighth straight U.S. marathon title at Yonkers.

The First U.S. Olympic Trials

1968 - At the altitude of Alamosa, Colo., Olympic steeplechaser George Young ran 2:30:48 to win the first U.S. Olympic Marathon Trials race. It also was the first Trials race that was also a national marathon championship. It wasn't until the 1988 Trials and subsequent Trials, however, that the Trials were also designated as a national championship.

Top Dog

1986 - Bill Donakowski ran the fastest USA Marathon Championship performance (2:10:41) at Twin Cities.

Dark Horse

1988 - In one of the biggest upsets in Trials history and the first U.S. Olympic Marathon Trials that offered prize money, Mark Conover surprised the field and the pundits with a stunning victory (2:12:26).

Not So "Silly Rabbit"

1994 - Paul Pilkington went to Los Angeles to "rabbit" the international race (i.e., set the pace), but he also came to run the USA Championship. During the race, Pilkington built a big lead and the following pack waited for him to come back or drop out, but like the Energizer bunny, Pilkington kept going and going and going until he won the race, the U.S. title, \$27,000 and a Mercedes car.

Gutting It Out

1996 - In Charlotte, North Carolina, Bob Kempainen, a 1992 Olympic marathoner and doctor-to-be, threw up several times in the latter stages of the race and still increased his lead to win the U.S. Olympic Trials and his first marathon in 2:12:45 (a personal record). His \$100,000 payday was the largest first place prize in marathon history.



Top Dollar

1998 - At the UPMC/City of Pittsburgh Marathon, Keith Brantly (photo above with USATF CEO Craig Masback and race director Larry Grollman on the left and right, by Photo Run) claimed the national crown in 2:12:31 and in the process, the 1996 Olympic marathoner earned a cool \$100,000 for setting the U.S. course record.

First USA Men's Marathon Championship

BAA Boston Marathon Boston, Massachusetts, On April 20, 1925, the Boston Marathon hosted the first USA Men's Marathon Championship designated by the Amateur Athlete Union (AAU). Local favorite son and 1924 Olympic Marathon bronze medalist Clarence DeMar was the defending Boston champion and looking for his fourth consecutive Boston win. With snow flurries and a stiff head wind, the race came down to DeMar and Olympic teammate Charles Mellor of Chicago, Ill. Mellor - who raced with a cheek full of tobacco - pulled away from DeMar in downtown Boston to become the first U.S. marathon champion in 2:33:01. DeMar finished second in 2:33:38 with Frank Zuna third in 2:35:36.

April 20, 1925

Snow flurries and windy

- | | |
|-------------------------|---------|
| 1) Charles Mellor, IL | 2:33:01 |
| 2) Clarence DeMar, MA | 2:33:38 |
| 3) Frank Zuna, NJ | 2:35:36 |
| 4) Albert Michelson, NY | 2:37:23 |
| 5) Karl Koski, NY | 2:39:27 |
| 6) Willie Kyronen, NY | 2:40:37 |
| 7) N. Erickson, NY | 2:43:09 |
| 8) William Kennedy, NY | 2:43:47 |
| 9) Frank Wendling, NY | 2:49:00 |
| 10) Carl Linder, MA | 2:50:34 |

Dan's Dandy Debut

2002 - Against an international field, multi-national champion Dan Browne, in his debut, won the national title (and the race outright) at the Twin Cities Marathon in 2:11:35 (at the time, the fourth fastest U.S. debut).

Source: USA Track & Field Road Running Information Center, phone (805) 696-6232 or email Ryan.Lamppa@usaf.org.

Top Ten USA Championship Performances

1)	Bill Donakowski	2:10:41	Twin Cities, 1986
2)	Ken Martin	2:11:24	California Int'l, 1984
3)	Dan Browne	2:11:35	Twin Cities, 2002
4)	Don Janicki	2:11:59	Twin Cities, 1986
5)	David Gordon	2:12:09	Twin Cities, 1986
	Bill Reifsnyder	2:12:09	New Jersey Waterfront, 1989
7)	Paul Pilkington	2:12:13	City of Los Angeles, 1994
8)	Steve Spence	2:12:17	Columbus, 1990
9)	Mark Conover	2:12:26	U.S. Olympic Trials, 1988
10)	Keith Brantly	2:12:31	UPMC Health System/City of Pittsburgh, 1998

USA Men's Marathon Championship Winners 1925 - 2003

YEAR	ATHLETE	TIME	LOCATION	DATE	YEAR	ATHLETE	TIME	EVENT: LOCATION	DATE
1925	Charles Mellor	2:33:01	Boston, MA	04/20	1968	George Young	2:30:48	U.S. Olympic Trials: Alamosa, CO	08/18
1926	Clarence DeMar	2:45:06	Baltimore, MD	05/15	1969	Tom Heinonen	2:24:43	Western Hemisphere, Culver City, CA	12/07
1927	Clarence DeMar	2:40:23	Baltimore, MD	03/19	1970	Robert Fitts	2:24:11	Redfield, IA	06/07
1928	Clarence DeMar	2:37:08	Boston, MA	04/19	1971	Kenny Moore	2:16:49	Eugene, OR	06/06
1929	Clarence DeMar	2:43:47	Boston, MA	04/19	1972	Edmund Norris	2:24:43	Liverpool, NY	05/21
1930	Karl Koski	2:25:22	Staten Island, NY	03/23	1973	Douglas Schmenk	2:15:48	Burlingame, CA	06/17
1931	William Agee	2:32:38	Baltimore, MD	05/16	1974	Ronald Wayne	2:18:53	Yonkers, NY	06/02
1932	Clyde Martak	2:58:18	Washington, DC	08/21	1975	Gary Tuttle	2:17:27	Western Hemisphere, Culver City, CA	12/07
1933	Melvin Porter	2:53:46	Washington, DC	06/17	1976	Gary Tuttle	2:15:15	Crowley, LA	10/16
1934	Melvin Porter	2:48:04	Washington, DC	06/09	1977	Edward Schelegle	2:18:11	Western Hemisphere, Culver City, CA	12/04
1935	Patrick Dengis	2:53:53	Washington, DC	06/01	1978	Carl Hatfield	2:17:21	Skylon Int'l, Niagara Falls, NY	10/21
1936	William McMahan	2:38:15	Washington, DC	05/30	1979	Tom Antczak	2:15:28#	Houston, TX	01/20
1937	Melvin Porter	2:44:22	Washington, DC	06/12	1980	Frank Richardson	2:13:54#	Paul Masson, Cupertino, CA	01/27
1938	Patrick Dengis	2:39:39	Yonkers, NY	11/06	1981	Robert Johnson	2:29:14	Raleigh, NC	05/10
1939	Patrick Dengis	2:33:46	Yonkers, NY	11/12	1982	Joel Menges	2:32:29	Syracuse, NY	05/16
1940	Lou Gregory	2:35:10	Yonkers, NY	11/10	1983	Peter Pfitzinger	2:14:45	San Francisco, CA	07/24
1941	Bernard Smith	2:36:07	Yonkers, NY	11/09	1984	Ken Martin	2:11:24	California Int'l, Sacramento, CA	12/02
1942	Frederick McGlone	2:37:54	Yonkers, NY	11/08	1985	Ken Martin	2:12:57	Pittsburgh, PA	05/05
1943	Frederick McGlone	2:39:09	Yonkers, NY	11/07	1986	Bill Donakowski	2:10:41*	Twin Cities, Minneapolis/St. Paul, MN	10/12
1944	Charles Robbins, Jr.	2:40:49	Yonkers, NY	11/12	1987	Ric Sayre	2:13:54	Houston-Tenneco, TX	01/18
1945	Charles Robbins, Jr.	2:37:14	Yonkers, NY	11/11	1988	Mark Conover	2:12:26	U.S. Olympic Trials, Jersey City, NJ	04/24
1946	John A. Kelley	2:50:29	Yonkers, NY	10/27	1989	Bill Reifsnyder	2:12:09	New Jersey Waterfront, Jersey City, NJ	04/30
1947	Ted Vogel	2:40:11	Yonkers, NY	10/26	1990	Steve Spence	2:12:17	Columbus, OH	11/11
1948	John A. Kelley	2:48:33	Queens, NY	09/12	1991	Bill Reifsnyder	2:12:39	Columbus, OH	11/10
1949	Victor Dyrvall	2:38:50	Yonkers, NY	05/15	1992	Steve Spence	2:12:43	U.S. Olympic Trials: Columbus, OH	04/11
1950	John A. Kelley	2:45:56	Yonkers, NY	05/21	1993	Ed Eyestone	2:14:34	Twin Cities, Minneapolis/St. Paul, MN	10/03
1951	Jesse Van Zant	2:37:12	Yonkers, NY	05/27	1994	Paul Pilkington	2:12:13	City of Los Angeles, CA	03/06
1952	Victor Dyrvall	2:38:39	Yonkers, NY	05/18	1995	Keith Brantly	2:14:27	USA NationsBank, Charlotte, NC	01/07
1953	John Lafferty	2:50:31	Yonkers, NY	05/17	1996	Bob Kempainen	2:12:45	U.S. Olympic Trials: Charlotte, NC	02/17
1954	Ted Corbitt	2:46:14	Yonkers, NY	05/16	1997	Dave Scudamore	2:13:48	UPMC/City of Pittsburgh, PA	05/04
1955	Nicholas Costes	2:31:13	Yonkers, NY	05/22	1998	Keith Brantly	2:12:31	UPMC Health System/City of Pittsburgh, PA	05/03
1956	John J. Kelley	2:24:53	Yonkers, NY	09/30	1999	Alfredo Viguera	2:14:20	UPMC Health System/City of Pittsburgh, PA	05/02
1957	John J. Kelley	2:24:56	Yonkers, NY	05/19	2000	Rod DeHaven	2:15:30	U.S. Olympic Trials: Pittsburgh, PA	05/07
1958	John J. Kelley	2:21:01	Yonkers, NY	05/18	2001	Scott Larson	2:15:26	New York City, NY	11/04
1959	John J. Kelley	2:21:55	Yonkers, NY	05/24	2002	Dan Browne	2:11:35	Twin Cities, Minneapolis/St. Paul, MN	09/29
1960	John J. Kelley	2:20:14	Yonkers, NY	05/22	2003	Ryan Shay	2:14:29	USA Men's Championship, Birmingham, AL	02/08
1961	John J. Kelley	2:26:54	Yonkers, NY	05/21					
1962	John J. Kelley	2:27:40	Yonkers, NY	05/13					
1963	John J. Kelley	2:25:18	Yonkers, NY	05/26					
1964	Buddy Edelen	2:24:26	Yonkers, NY	05/24					
1965	Garfield Williams	2:33:51	Yonkers, NY	05/16					
1966	Norm Higgins	2:22:51	Yonkers, NY	05/16					
1967	Ron Daws	2:40:07	Holyoke, MA	06/11					

* USA Championship Record

short course

Source: USA Track & Field Road Running Information Center

U.S. Marathon Records (as of December 31, 2003)

Key to Codes:

O	=	Open Record
A	=	Age Group Record
B	=	"Best", not eligible for record due to potential aid from wind and/or slope
P	=	Pending, more information is needed from the race or course validation has not been completed
U	=	Unvalidatable
a	=	Performance possibly aided by wind and/or slope; can be "best", not eligible for record
AC	=	All-Comer's Record (non-U.S. citizen in U.S. race, only listed if faster than U.S. citizen record)

SEX	AGE	TIME	ATHLETE	BDATE	HOMETOWN	EVENT NAME	ST	RDATE
M	17	2:24:06	THOM HUNT	031758	SAN DIEGO, CA	WESTERN HEMISPHERE	CA	120775
M	18	2:17:44	KIRK PFEFFER	073056	SAN DIEGO, CA	MISSION BAY	CA	011175
M	19	2:15:28	AR PAUL GOMPERS	020464	FAIRVIEW HGTS, IL	ROCKET CITY	AL	121083
M	20	2:13:59	DAVID SEGURA	091358	ALBUQUERQUE, NM	NIKE OTC	OR	090979
M	21	2:13:25	THOMAS RAUNIG	101459	GREAT FALLS, MT	NIKE OTC	OR	091381
M	22	2:13:18	HERB WILLS	042960	TALLAHASSEE, FL	HOUSTON-TENNECO	TX	011683
M	23	2:12:38	MIKE BUHMANN	033157	BOULDER, CO	NIKE OTC	OR	090780
M	24	2:10:29	KIRK PFEFFER	073056	BOULDER, CO	FUKUOKA	JPN	120780
M	25	2:09:21	U ALBERTO SALAZAR	080758	EUGENE, OR	FUKUOKA	JPN	120483
M	26	2:11:09	DAVE SMITH	032654	ORANGEVALE, CA	NIKE OTC	OR	090780
M	27	2:11:00	GREG MEYER	091855	WELLESLEY, MA	AMERICA'S	IL	092682
M	28	2:07:01	KHALID KHANNOUCHI	122271	OSSINING, NY	LASALLE BANK CHICAGO	IL	102200
M	29	2:09:32	DAVID MORRIS	051770	ALBUQUERQUE, NM	LASALLE BANKS CHICAGO	IL	102499
M	30	2:05:38	OR KHALID KHANNOUCHI	121271	OSSINING, NY	FLORA LONDON	GBR	040602
M	31	2:09:35	JERRY LAWSON	070266	JACKSONVILLE, FL	LASALLE BANKS CHICAGO	IL	101997
M	32	2:11:32	U PAUL CUMMINGS	090553	OREM, UT	HOUSTON-TENNECO	TX	011986
M	33	2:11:39	DON JANICKI	042360	LOUISVILLE, CO	REVCO-CLEVELAND	OH	051693
M	34	2:13:21	U DON JANICKI	042360	LOUISVILLE, CO	LASALLE BANKS CHICAGO	IL	103094
M	35	2:11:40	ROD DEHAVEN	092166	MADISON, WI	LASALLE BANK CHICAGO	IL	100701
M	36	2:15:35	DON JANICKI	042360	LOUISVILLE, CO	REVCO-CLEVELAND	OH	050596
M	37	2:12:51	STEVE PLASENCIA	102856	EUGENE, OR	TWIN CITIES	MN	100294
M	38	2:17:26	BUDD COATES	040657	EMMAUS, PA	OLYMPIC TRIALS: CHARLOTTE	NC	021796
M	39	2:14:20	STEVE PLASENCIA	102856	EUGENE, OR	OLYMPIC TRIALS: CHARLOTTE	NC	021796
M	40	2:17:02	AR KENNETH JUDSON	101250	PITTSBURGH, PA	ROCKET CITY	AL	120890
M	40	2:15:15a	BR BARRY BROWN	072644	GLENS FALLS, NY	TWIN CITIES	MN	093084
M	41	2:17:05	PAUL PILKINGTON	101258	ROY, UT	LASALLE BANKS CHICAGO	IL	102499
M	42	2:12:46	AP EDDY HELLEBUYCK	012261	ALBUQUERQUE, NM	TWIN CITIES	MN	100503
M	43	2:22:48	JIM BOWERS	110638	SANTA ROSA, CA	HUMBOLDT REDWOODS	CA	101082
M	44	2:22:55	DOUG KURTIS	031252	NORTHVILLE, MI	WZYP ROCKET CITY	AL	121496

Additional Age Group Records and Bests:

M	45	2:25:50	U AU JIM BOWERS	110638	SANTA ROSA, CA	HUMBOLDT REDWOODS	CA	101484
M	45	2:21:32a	BR JIM BOWERS	110638	SANTA ROSA, CA	GRANDMA'S	MN	061684
M	47	2:22:59	AP ANTONI NIEMCZAK	111755	ALBUQUERQUE, NM	TWIN CITIES	MN	100503
M	47	2:26:43	AR BOB SCHLAU	092847	CHARLESTON, SC	HOUSTON-TENNECO	TX	011595
M	50	2:25:46a	BR JIM O'NEILL	040138	HOLLAND, OH	LAS VEGAS	NV	020489
M	51	2:29:11	AR NORM GREEN	062732	WAYNE, PA	LINCOLN	NE	050684
M	52	2:25:51	U AU NORM GREEN	062732	WAYNE, PA	WIGAL CHAMP	CA	120284
M	55	2:33:49	AR NORM GREEN	062732	WAYNE, PA	LINCOLN	NE	050188
M	55	2:27:42a	BR NORM GREEN	062732	WAYNE, PA	TWIN CITIES	MN	101187
M	64	2:42:44	AR CLIVE DAVIES	080715	PORTLAND, OR	PORTLAND	OR	102879
M	66	2:42:49	AR CLIVE DAVIES	080715	PORTLAND, OR	NIKE OTC	OR	091381
M	71	3:00:58	AR JOHN KESTON	120524	MCMINNVILLE, OR	TWIN CITIES	MN	100696
M	75	3:18:10	AR WARREN UTES	062520	PARK FOREST, IL	LASALLE BANKS CHICAGO	IL	101595
M	80	3:43:27a	BR ED BENHAM	071207	OCEAN CITY, MD	TWIN CITIES	MN	101187
M	84	4:17:51	AR ED BENHAM	071207	OCEAN CITY, MD	TWIN CITIES	MN	100691
M	85	5:11:04	P AP HENRY SYPNIEWSKI	070718	CHEEKTOWAGA, NY	ERIE	PA	091403
M	85	5:21:51	U AU PAUL SPANGLER	031899	SAN LUIS OBISPO, CA	WIGAL CHAMP	CA	120284
M	90	6:54:25	AR ERNEST VAN LEEUWEN	123012	ENCINO, CA	CITY OF LOS ANGELES	CA	030203

All-Comer's Record:

M	AC	2:05:42	AR KHALID KHANNOUCHI *	122271	OSSINING, NY	LASALLE BANKS CHICAGO	IL	102499
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*when he was Moroccan

Masters All-Comer's:

M	AC	2:11:45	AP JOSHUA KIPKEMBOI (KEN)	022059	KENYA	TWIN CITIES	MN	092902
M	AC	2:11:04a	BR JOHN CAMPBELL (NZL)	020649	NEW ZEALAND	BOSTON	MA	041690

World Marathon Record

2:04:55 WR Paul Tergat (KEN) 06/17/69 Kabarnet, Kenya real Berlin GER 092803

U.S. Men's Olympic Trials Event Record

2:10:19 ER Tony Sandoval 05/19/54 Eugene, OR U.S. Olympic Trials NY 052480

Marathon Progressions

Because of the variety of courses and the vagaries of weather conditions which affect the marathon more than any other track and field event, no "true" nor official world records existed for the distance until 2004. However, the following is a progressions list of the best performances on record in the various categories. The lists below concern only races over the standard marathon distance of 26 miles, 385 yards (42,195 meters) or longer.

Recent Men's World Progression

2:05:42	Khalid Khannouchi (MAR)	Chicago, IL	24-Oct-99
2:05:38	Khalid Khannouchi (USA)	London, GBR	10-Apr-02
2:04:55	Paul Tergat (KEN)	Berlin, GER	28-Sep-03

U.S. Men's Progression

2:55:19*	John Hayes	London, GBR	24-Jul-08
2:52:46*	Robert Fowler	Yonkers, NY	1-Jan-09
2:46:53	James Clark	New York, NY	12-Feb-09
2:46:05	Albert Raines	New York, NY	8-May-09
2:41:30	Joseph Organ	Antwerp, BEL	22-Aug-20
2:38:28*	Frank Zuna	Windsor, GBR	30-May-25
2:29:02*	Albert Michelson	Port Chester, NY	12-Oct-25
2:28:52*	Ellison "Tarzan" Brown	Boston, MA	19-Apr-39
2:27:30*	Ellison "Tarzan" Brown	Salisbury, MA	30-May-40
2:26:52*	Joe Smith	Boston, MA	19-Apr-42
2:24:53*	John J. Kelley	Yonkers, NY	30-Sep-56
2:21:01*	John J. Kelley	Yonkers, NY	18-May-58
2:20:14*	John J. Kelley	Yonkers, NY	22-May-60
2:18:57	Leonard "Buddy" Edelen	Fukuoka, JPN	7-Dec-62
2:14:28*	Leonard "Buddy" Edelen	Chiswick, GBR	15-Jun-63
2:13:28	Kenny Moore	Fukuoka, JPN	7-Dec-69
2:11:13*	Eamon O'Reilly	Boston, MA	20-Apr-70
2:10:30	Frank Shorter	Fukuoka, JPN	3-Dec-72
2:09:56*	Bill Rodgers	Boston, MA	21-Apr-75
2:09:28*	Bill Rodgers	Boston, MA	16-Apr-79
2:08:52*	Alberto Salazar	Boston, MA	19-Apr-82
2:08:47*	Bob Kempainen	Boston, MA	18-Apr-94
2:07:01	Khalid Khannouchi	Chicago, IL	22-Oct-00
2:05:38	Khalid Khannouchi	London, GBR	10-Apr-02

* Point-to-point course which could be aided by slope and/or tailwind

NOTE: Since 1983, an official U.S. road record must be set on a record standard certified course (USATF Rule 185). Below is the U.S. men's marathon record progression since then to Khalid Khannouchi:

2:10:20	Tony Sandoval	Eugene, OR	9-Sep-79
2:10:20	Jeff Wells	Eugene, OR	9-Sep-79
2:10:04	Pat Petersen	London, GBR	23-Apr-89
2:10:04	Jerry Lawson	Chicago, IL	20-Oct-96
2:09:35	Jerry Lawson	Chicago, IL	19-Oct-97
2:09:32	David Morris	Chicago, IL	24-Oct-99

U.S. Men's Olympic Trials Progression (U.S. Athletes Only)

2:37:08*	Clarence DeMar	Boston, MA	19-Apr-28
2:34:32*	James Henigan	Boston, MA	19-Apr-32
2:33:41*	Ellison "Tarzan" Brown	Boston, MA	20-Apr-36
2:29:52*	Ellison "Tarzan" Brown	Boston, MA	19-Apr-39
2:24:53*	John J. Kelley	Yonkers, NY	30-Sep-56
2:22:18*	Gordon McKenzie	Boston, MA	19-Apr-60
2:20:14*	John J. Kelley	Yonkers, NY	22-May-60
2:15:58	Frank Shorter	Eugene, OR	9-Jul-72
2:15:58	Kenny Moore	Eugene, OR	9-Jul-72
2:11:51	Frank Shorter	Eugene, OR	22-May-76
2:10:19*	Tony Sandoval	Niagara Falls, NY	24-May-80

* Point-to-point course which could be aided by slope and/or tailwind

Marathon Rankings

All-Time Rankings: World Males

Time	PL	Name	CTZ	Race/Location	Date
2:04:55	1	Paul Tergat	KEN	real Berlin, GER	09/28/03
2:04:56	2	Sammy Korir	KEN	real Berlin, GER	09/28/03
2:05:38	1	Khalid Khannouchi	USA	Flora London, GBR	04/14/02
2:05:42	1	Khannouchi (2)	MAR	LaSalle Banks Chicago, IL, USA	10/24/99
2:05:48	2	Tergat (2)	KEN	Flora London, GBR	04/14/02
2:05:50	1	Evans Rutto	KEN	LaSalle Bank Chicago, IL, USA	10/12/03
2:05:56	1	Khannouchi (3)	USA	LaSalle Bank Chicago, IL, USA	10/13/02
2:06:05	1	Ronaldo Da Costa	BRA	Alberto Berlin, GER	09/20/98
2:06:15	3	Titus Munji	KEN	real Berlin, GER	09/28/03
2:06:16	2	Moses Tanui	KEN	LaSalle Banks Chicago, IL, USA	10/24/99
--10--					
2:06:16	2	Daniel Njenga	KEN	LaSalle Bank Chicago, IL, USA	10/13/02
2:06:16	3	Toshinari Takaoka	JPN	LaSalle Bank Chicago, IL, USA	10/13/02
2:06:18	4	Tergat (3)	KEN	LaSalle Bank Chicago, IL, USA	10/13/02
2:06:33	1	Gert Thys	RSA	Tokyo International, JPN	02/14/99

All-Time Rankings: U.S. Males

Time	PL	Name	CTZ	Race/Location	Date
2:05:38	1	Khalid Khannouchi	NY	Flora London, GBR	04/14/02
2:05:56	1	Khannouchi (2)	NY	LaSalle Bank Chicago, IL	10/13/02
2:07:01	1	Khannouchi (3)	NY	LaSalle Banks Chicago, IL	10/22/00
2:08:47a	7	Bob Kempainen	MN	Boston, MA	04/18/94
2:08:52a	1	Alberto Salazar	OR	Boston, MA	04/19/82
2:08:54a	2	Dick Beardsley	MN	Boston, MA	04/19/82
2:09:00a	1	Greg Meyer	MA	Boston, MA	04/18/83
2:09:21u	5	Salazar (2)	OR	Fukuoka, JPN	12/04/83
2:09:28a	1	Bill Rodgers	MA	Boston, MA	04/16/79
2:09:29a	1	Salazar (3)	OR	New York City, NY	10/24/82
--10--					
2:09:32	4	David Morris	NM	LaSalle Banks Chicago, IL	10/24/99
2:09:32a	2	Ron Tabb	OR	Boston, MA	04/18/83
2:09:35	7	Jerry Lawson	FL	LaSalle Banks Chicago, IL	10/19/97
2:09:37a	1	Beardsley (2)	MN	Grandma's, MN	06/20/81
2:09:38a	2	Ken Martin	NM	New York City, NY	11/05/89

a = possibly aided by slope and/or wind - not record standard; u = unvalidatable

Fastest 2003 Marathon Times: U.S. Males

Time	PL	Name	CTZ	Race/Location	Date
2:10:03	7	Meb Keflezighi	CA	LaSalle Bank Chicago, IL	10/12/03
2:12:46	2	Eddy Hellebuyck	NM	Twin Cities Marathon, Minneapolis, MN	09/28/03
2:12:51a	2	Jimmy Hearld	KY	Motorola Marathon, Austin, TX	02/16/03
2:14:29a	1	Ryan Shay	MI	USA Marathon Champs, Birmingham, AL	02/08/03
2:15:03	18	Brad Hauser	CA	Lake Biwa Mainichi, Japan	03/02/03
2:15:11	14	Todd Reeser	NY	LaSalle Bank Chicago, IL	10/12/03
2:15:13	2	Jim Jurcevich	OH	Columbus, OH	10/19/03
2:15:32a	2	Kevin Collins	NY	USA Marathon Champs, Birmingham, AL	02/08/03
2:15:38	32	Kevin Collins	NY	IAAF Marathon World Champs., Paris	08/30/03
2:15:52a	3	Clint Verran	MI	USA Marathon Champs, Birmingham, AL	02/08/03
--10--					
2:16:00a	4	Teddy Mitchell	NM	Grandma's, Duluth, MN	06/21/03
2:16:26a	4	Jeff Campbell	MI	USA Marathon Champs, Birmingham, AL	02/08/03
2:16:36a	6	Scott Goff	CO	Grandma's, Duluth, MN	06/21/03
2:16:42	39	Clint Verran	MI	IAAF Marathon World Champs, Paris	08/30/03
2:16:52a	5	Scott Strand	AL	USA Marathon Champs, Birmingham, AL	02/08/03
2:17:15a	6	Brian Clas	NY	USA Marathon Champs, Birmingham, AL	02/08/03
2:17:18a	10	Eddy Hellebuyck	NM	Boston, MA	04/21/03
2:17:29	6	Ronnie Holassie	FL	Toyota Prius Miami Tropical Marathon, FL	02/02/03
2:17:33	18	Peter Gilmore	CA	LaSalle Bank Chicago, IL	10/12/03
2:17:54	19	Mike Donnelley	OR	LaSalle Bank Chicago, IL	10/12/03

a = possibly aided by slope and/or wind - not record standard; u = unvalidatable

U.S. Road Rankings

Points earned from performances on certified courses,
times converted to equivalent 10K. World standard for men = 28:40

2003

Men

1	Meb Keflezighi	USA	TOT.PTS= 222					
			2:10:03	MAR	LaSalle Bank Chicago	10/12/03	27:55	97
			58:57	20K	New Haven Road Race / USA 20K Championship	09/01/03	28:10	64
			43:31	15K	Gate River Run 15K / USA 15K Championship	03/08/03	28:16	49
			22:28	8K	NYRR 8K / USA Championship	04/07/03	28:31	12
			32:41	7MI	Quad City Times Bix 7	07/19/03	28:43	0
2	Khalid Khannouchi	USA	TOT.PTS= 52					
			28:15	HMAR	Kyota	03/09/03	28:15	52
			18:11	4MI	Steamboat Classic	06/07/03	29:05	0
			29:12	10K	Peachtree	07/04/03	29:36	0
3	Brian Sell	USA	TOT.PTS= 39					
			59:18	20K	New Haven Road Race / USA 20K Championship	09/01/03	28:20	39
			1:03:53	HMAR	IAAF World Championship	10/04/03	29:00	0
			22:58	8K	NYRR 8K / USA Championship	04/07/03	29:09	0
			23:19	8K	LaSalle Bank Shamrock Shuffle	03/23/03	29:35	0
			18:31	4MI	Steamboat Classic	06/07/03	29:37	0
			2:20:01	MAR	LaSalle Bank Chicago	10/12/03	30:03	0
4	Chris Graff	USA	TOT.PTS= 33					
			47:09	10MI	Papa John's / USA 10 Mile Championship	03/29/03	28:22	33
			1:00:51	20K	New Haven Road Race / USA 20K Championship	09/01/03	29:04	0
			14:12	5K	CVS/Pharmacy Downtown / USA 5K Championship	09/07/03	29:39	0
			33:50	7MI	SBLI Falmouth Road Race	08/10/03	29:40	0
			49:19	10MI	California 10	01/12/03	29:40	0
			2:18:45	MAR	USA Men's Marathon Championship	02/08/03	30:00	0
5	Phillimon Hanneck	USA	TOT.PTS= 28					
			59:24	20K	New Haven Road Race / USA 20K Championship	09/01/03	28:23	28
			1:17:28	25K	Fifth Third River Bank / USA 25K Championship	05/10/03	29:14	0
			1:04:31	HMAR	UMKC Hospital Hill / USA Half-Mar Championship	06/07/03	29:15	0
			1:04:55	HMAR	BAA	10/12/03	29:28	0
			1:05:00	HMAR	Jefferson Hospital Philadelphia Distance	09/14/03	29:31	0
			33:45	7MI	SBLI Falmouth Road Race	08/10/03	29:36	0
			18:07	4MI	Sabates Eye Centers Trolley Run	04/27/03	29:43	0
			2:20:12	MAR	ING New York City	11/02/03	30:10	0
			29:58	10K	Peachtree 10K	07/04/03	30:23	0
			9	Eddy Hellebuyck	USA	TOT.PTS= 7		
2:12:46	MAR	Twin Cities Marathon				09/28/03	28:32	7
48:20	10MI	Papa John's / USA 10 Mile Championship				03/29/03	29:05	0
29:05	10K	Heritage Oaks Bank 10K				09/28/03	29:05	0
1:05:12	HMAR	BAA				10/12/03	29:35	0
45:45	15K	Gate River Run 15K / USA 15K Championship				03/08/03	29:43	0
2:17:18	MAR	Boston				04/21/03	29:51	0
30:05	10K	Azalea Trail Run 10K				03/22/03	30:12	0
23:57	8K	Shamrock Sportsfest Marathon				03/15/03	30:22	0
30:59	10K	U.S. 10K Classic				09/01/03	30:31	0
14:38	5K	Carlsbad 5000				04/13/03	30:37	0
30:50	10K	Peoples Beach to Beacon 10K Road Race				08/02/03	30:50	0
37:27	12K	Lilac Bloomsday Run				05/04/03	30:52	0
1:08:10	HMAR	Anthem Derby Festival				04/26/03	30:56	0
31:02	10K	Crescent City Classic				04/19/03	31:02	0
31:06	10K	Cooper River Bridge Run				04/05/03	31:06	0
1:06:10	20K	Ogden Newspapers Classic				05/24/03	31:07	0
1:07:02	HMAR	3M	02/02/03	31:21	0			
35:48	7MI	SBLI Falmouth Road Race	08/10/03	31:24	0			
52:35	10MI	Lake Atwood	07/20/03	31:38	0			
1:10:27	HMAR	Mercedes	02/09/03	31:58	0			

Top Master and 9th Overall

2003 U.S. Men's Fastest Times by Distance

note: for 2003 marathon times see page 19

5 km

13:46	Alan Culpepper	Louisville	CO	11	Carlsbad 5000	Carlsbad	CA	04/13/03
14:05	Henry Dennis	Cincinnati	OH	9	CVS/pharmacy Downtown/USA 5K Championship	Providence	RI	09/07/03
14:06	Ahman Dirks	Portland	OR	10	CVS/pharmacy Downtown/USA 5K Championship	Providence	RI	09/07/03
14:06	Ryan Shay	East Jordan	MI	11	CVS/pharmacy Downtown/USA 5K Championship	Providence	RI	09/07/03
14:08	Christian Hesch	Morro Bay	CA	10	Gardena 5000	Gardena	CA	06/01/03

8 km

22:28	Meb Keflezighi	Mammoth Lakes	CA	1	NYRR 8K / USA 8K Championship	New York	NY	04/07/03
22:39	Chad Johnson	Portland	OR	2	NYRR 8K / USA 8K Championship	New York	NY	04/07/03
22:42	Abdi Abdirahman	Tucson	AZ	3	NYRR 8K / USA 8K Championship	New York	NY	04/07/03
22:47	Tim Broe	Ann Arbor	MI	4	NYRR 8K / USA 8K Championship	New York	NY	04/07/03
22:49	Dave Davis	Portland	OR	5	NYRR 8K / USA 8K Championship	New York	NY	04/07/03

10 km

28:35	Bob Kennedy	Indianapolis	IN	1	Food World Sr Bowl / USA 10K Championship	Mobile	AL	11/08/03
28:42	Teren Jameson	Salt Lake City	UT	2	Food World Sr Bowl / USA 10K Championship	Mobile	AL	11/08/03
28:44	Matt Gabrielson	St Paul	MN	3	Food World Sr Bowl / USA 10K Championship	Mobile	AL	11/08/03
28:47	Jason Balkman	San Francisco	CA	4	Food World Sr Bowl / USA 10K Championship	Mobile	AL	11/08/03
28:49	Nick Rogers	Eugene	OR	5	Food World Sr Bowl / USA 10K Championship	Mobile	AL	11/08/03
28:53	Richie Brinker	Rochester Hills	MI	6	Food World Sr Bowl / USA 10K Championship	Mobile	AL	11/08/03
28:55	Scott Strand	Birmingham	AL	7	Food World Sr Bowl / USA 10K Championship	Mobile	AL	11/08/03
28:56	Jared Cordes	Madison	WI	8	Food World Sr Bowl / USA 10K Championship	Mobile	AL	11/08/03
28:59	Alan Culpepper	Louisville	CO	1	Cowtown 10K	Fort Worth	TX	02/22/03

15 km

43:31	Meb Keflezighi	Mammoth Lakes	CA	1	Gate River Run / USA 15K Championship	Jacksonville	FL	03/08/03
43:59	Abdi Abdirahman	Tucson	AZ	2	Gate River Run / USA 15K Championship	Jacksonville	FL	03/08/03
44:39	Chad Johnson	Portland	OR	3	Gate River Run / USA 15K Championship	Jacksonville	FL	03/08/03
44:39	Nick Rogers	Eugene	OR	4	Gate River Run / USA 15K Championship	Jacksonville	FL	03/08/03
44:45	Dave Davis	Portland	OR	5	Gate River Run / USA 15K Championship	Jacksonville	FL	03/08/03

10 mile

47:09	Chris Graff	Palo Alto	CA	1	Papa John's / USA 10 Mile Championship	Louisville	KY	03/29/03
47:41	Scott Strand	Birmingham	AL	2	Papa John's / USA 10 Mile Championship	Louisville	KY	03/29/03
47:54	Matt Thull	Wauwatosa	WI	3	Papa John's / USA 10 Mile Championship	Louisville	KY	03/29/03
47:59	Marty Rosendahl	Rochester	MI	4	Papa John's / USA 10 Mile Championship	Louisville	KY	03/29/03
48:08	Nolan Swanson	Springfield	OR	5	Papa John's / USA 10 Mile Championship	Louisville	KY	03/29/03

20 km

58:57	Meb Keflezighi	Mammoth Lakes	CA	1	New Haven Road Race/ USA 20K Championship	New Haven	CT	09/01/03
59:18	Brian Sell	Rochester	MI	2	New Haven Road Race/ USA 20K Championship	New Haven	CT	09/01/03
59:24	Phil Hanneck	Eugene	OR	3	New Haven Road Race/ USA 20K Championship	New Haven	CT	09/01/03
59:32	Ryan Kirkpatrick	Boulder	CO	4	New Haven Road Race/ USA 20K Championship	New Haven	CT	09/01/03
59:36	Rod DeHaven	Madison	WI	5	New Haven Road Race/ USA 20K Championship	New Haven	CT	09/01/03

25 km

1:16:13	Dan Browne	Portland	OR	1	Fifth Third River Bank/ USA 25K Championship	Grand Rapids	MI	05/10/03
1:17:28	Phillimon Hanneck	Clackamas	OR	3	Fifth Third River Bank/ USA 25K Championship	Grand Rapids	MI	05/10/03
1:17:44	Ryan Shay	East Jordan	MI	4	Fifth Third River Bank/ USA 25K Championship	Grand Rapids	MI	05/10/03
1:18:28	Scott Larson	Superior	CO	5	Fifth Third River Bank/ USA 25K Championship	Grand Rapids	MI	05/10/03
1:18:53	Scott Goff	Boulder	CO	6	Fifth Third River Bank/ USA 25K Championship	Grand Rapids	MI	05/10/03

Half-Marathon

1:02:15	Khalid Khannouchi	Ossining	NY	1	Kyoto	Kyoto	JPN	03/09/03
1:03:31	Brad Hauser	Mountain View	CA	2	San Diego Marathon	Carlsbad	CA	01/19/03
1:03:53	Brian Sell	Rochester Hills	MI	25	IAAF World Championship	Vilamoura	POR	10/04/03
1:04:13	Ryan Shay	East Jordan	MI	1	UMKC Hospital Hill Run/USA Championship	Kansas City	MO	06/07/03
1:04:31	Phillimon Hanneck	Portland	OR	2	UMKC Hospital Hill Run/USA Championship	Kansas City	MO	06/07/03

2004 USA Long Distance Running Championships



2004 Men's USA Running Circuit

RACE/Contact	Location/Email	Prize\$	Web Site
7-Feb U.S. Olympic Team Trials - Men's Marathon USATF, (317) 261-0500	Birmingham, AL www.usatf.org/events/2004/OlympicTrials-Marathon-Men	\$271,500	(web site below left)
13-Mar USA 15 km Championships / Gate River Run Doug Alred, (904) 731-1900	Jacksonville, FL firstplacesports@mindspring.com	\$23,500	www.1stplacesports.com
27-Mar USA Men's 8 km Championship / NYRR 8000 David Monti, (212) 752-2666	New York City, NY dmonti@dellpro.com	\$20,000	www.nyrrc.org
10-Apr USA Men's 10 mi. Championship / Papa John's Jim Estes, (502) 479-8786, jim@fleetfeetlouisville.com	Louisville, KY www.usatf.org/events/2004/USA10miChampionship-Men	\$26,500	(web site below left)
8-May USA 25 km Championships / Fifth Third River Bank Kristen Aidif, (616) 771-1590	Grand Rapids, MI runinfo@53riverbankrun.com	\$10,600	www.53riverbankrun.com
5-Jun USA Men's Half-Marathon Champ./ UMKC Hospital Hill Terry Drake, (816) 274-3635	Kansas City, MO draketc@umkc.edu	\$10,100	www.hospitalhillrun.com
6-Sep USA 20 km Championships / New Haven Savings Bank John Tolbert, (203) 488-9066	New Haven, CT jtoltbert@attbi.com	\$17,000	www.newhavenroadrace.org
12-Sep USA Men's 5 km Championship / CVS/pharmacy Downtown Charlie Breagy, (401) 751-7287	Providence, RI c.breagy@worldnet.att.net	\$12,000	www.cvsdowntown5k.com
6-Nov USA Men's 10 km Championship Vic Knight, (251) 438-2276	Mobile, AL knight@seniorbowl.com	\$25,000	www.seniorbowl.com
TOTAL Men's USARC (including Grand Prix Purse)		\$428,700	

2004 Women's USA Running Circuit

RACE/Contact	Location/Email	Prize\$	Web Site
13-Mar USA 15 km Championships / Gate River Run Doug Alred, (904) 731-1900	Jacksonville, FL firstplacesports@mindspring.com	\$23,500	www.1stplacesports.com
3-Apr U.S. Olympic Team Trials - Women's Marathon USATF, (317) 261-0500	Saint Louis, MO	\$250,000	www.stlouismarathon.com
8-May USA 25 km Championships / Fifth Third River Run Kristen Aidif, (616) 771-1590	Grand Rapids, MI runinfo@53riverbankrun.com	\$10,600	www.53riverbankrun.com
5-Jun USA Women's 5 km Championship / Freihofers Run for Women George Regan, (518) 273-5552	Albany, NY info@freihofersrun.com	\$28,600	www.freihofersrun.com
19-Jun USA Women's Half-Marathon Championship / Garry Bjorklund Scott Keenan, (218) 727-0947	Duluth, MN grandma@grandmasmarathon.com	\$27,500	www.grandmasmarathon.com
6-Sep USA 20 km Championships / New Haven Savings Bank John Tolbert, (203) 488-9066	New Haven, CT jtoltbert@attbi.com	\$17,000	www.newhavenroadrace.org
11-Oct USA Women's 10 km Championship / Tufts Health Plan Kristin Murphy, (617) 439-7700	Boston, MA kmurphy@conventures.com	\$20,300	www.tuftshealthplan.com
TOTAL Women's USARC (including Grand Prix Purse)		\$390,000	

Record Purse for 2004 USARC, 2003 Edition Very Successful

Continued from page 13

The 2003 USARC was perhaps the best ever, featuring three U.S. records, five national championships records, 54 men and 49 women. While \$425,000 was earned by U.S. athletes, fast times and exciting and deep competition were the rule.

U.S. road records at 15 km (47:15) and 20 km (58:57 and 1:05:52) by Drossin, Keflezighi and Runyan respectively highlighted the 2003 USARC. The three U.S. records were the most set in one USARC season; the previous record was one (1995 and 2002).

In 2003, participating athletes took home

\$412,350 in prize money plus a \$25,000 Grand Prix purse for the top three scorers. The USA Running Circuit mission is to showcase, support and promote U.S. runners, and since its inception in 1995, the USARC and its races have provided over \$4.2 million dollars to U.S. athletes.

For Circuit details go to www.usatf.org.

2004 Masters Long Distance Running Championships

	RACE/Contact	Location/Email	Masters \$	Web Site
21-Mar	USA Masters Half-Marathon Championships / New Bedford Leo Rodeilat, (508) 998-5068	New Bedford, MA nbhm@gnbtc.org	TBA	www.gnbt.org
5-Jun	USA Women's Open and Masters 5 km Championship / Freihofers Run George Regan, (518) 273-5552	Albany, NY info@freihofersrun.com	\$3,000	www.freihofersrun.com
26-Sep	USA Masters 10 km Championships / Heritage Oaks Bank Mitch Massey, (805) 544-7200	Paso Robles, CA mmassey@heritageoaksbank.com	\$22,000	www.heritageoaksbank.com
3-Oct	USA Masters Marathon Championships / Twin Cities Deb Schneider (elite masters) (763) 287-3888	Minneapolis, MN info@twincitiesmarathon.org	TBA	www.twincitiesmarathon.org

2004 USA Mountain, Ultra and Trail Championships

(Open and Masters Divisions in each)

	RACE/Contact	Location/Email	Web Site
5-Jun	Teva Spring Runoff 10 km Trail Championships Mike Ortiz, (206) 325-4800	Vail, CO mortiz@vailrec.com	www.vailrec.com
19-Jun	Mt. Washington Hill Climb Mountain Championships (7.6 mi) Bob Teschek (603) 863-7042	Gorham, NH racetime@gsrs.com	www.gsrs.com/mwrr
4-Jul	NACAC Mountain Championships / Vail Hill Climb (8 mile) Mike Ortiz (206) 325-4800	Vail, CO mortiz@vailrec.com	www.vailrec.com
31-Jul	White River 50 mile Trail Championships Scott McCoubrey, (206) 325-4800	Crystal Mountain, WA searunco@aol.com	www.whiteriver50.org
14-Nov	Peachtree City 50 km Road Championships Scott Ludwig, (770) 487-7445	Peachtree City, GA darksiderunningclub@comcast.net	
18-Dec	Huff 50 km Trail Championships Mitch Harper, (770) 487-7445	Huntington, IN	www.huff50k.com
	Prize money TBA		

2004 Cross Country Championships

7-8-Feb	USA Cross Country Championships Indianapolis, IN Greg Harger: Greg.Harger@indianainvaders.com
7-Nov	USA Masters 8K Cross Country Championships Boston, MA Steve Vaitones: usatfne@ix.netcom.com
11-Dec	USATF National Club Cross Country Championships Portland, OR Harry Simonis: runjumpthrow@usatf-oregon.org

2004 USATF National Club Marathon Relay

2-Oct	USATF National Club Marathon Relay Championship Hosted by the Road Runner Akron Marathon Akron, OH \$16,000 club team prize money Also site of the North American Men's Relay Jim Barnett, (330) 657-2224; jbk1@aol.com www.usatf.org/events/2004/USATFClubMarathonRelayChampionships
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Future Olympians?

Too early to tell but Footlocker National High School Cross Country Championships winners Katelyn Kaltenbach (Aurora, Colorado) and Matt Withrow (Andrew High School, Chicago, IL) have already achieved fame for distance running. Many of America's top marathoners began as cross country runners. [photo by Bob Betancourt]

Award Winners at USA Track & Field Annual Meeting

At the 25th Annual USA Track & Field Convention in December, a plethora of honors and awards were distributed. Award highlights which have special interest to the long distance running community are listed below.

Jesse Owens Awards

Deena Drossin, long distance
Tom Pappas, decathlon

Hall of Fame Inductees

Mary Decker Slaney, middle distance
was one of four inductees

President's Awards

Presented by Bill Roe in recognition of extraordinary contributions. 12 recipients included:

Freddi Carlip - President of the RRCA
Rev. Norman Green Jr. - Masters LDR Chair

C.C. Jackson Award (Track Events):

Deena Drossin

Men's LDR Robert E. DeCelle Award

Outstanding Male Long Distance Runner
Ryan Shay, East Jordan, MI

Scott Hamilton Award (Assoc. leader)

Bob Fine, Delray Beach, FL

H. Browning Ross Merit Award

Creigh Kelley, Englewood, CO
Fred Finke, Longwood, FL

Women's LDR Runner-of-the-Year

Deena Drossin, Mammoth Lakes, CA

Women's LDR Contributor-of-the-Year

Will Lindgren, Omaha, NE

Ted Corbitt Ultrarunner-of-the-Year

Joe Kulak, Lakewood, CO

Ruth Anderson Ultrarunner-of-the-Year

Connie Gardner, Medina, OH

Masters Ultrarunners-of-the-Year

Pam Reed, Tucson, AZ
John Geesler, St. Johnsville, NY

Mountain Runners-of-the-Year

OPEN: Anita Ortiz, Eagle, CO
Paul Low, Amherst, MA
MASTERS: Kari DiStefano, Telluride, CO
Bernie Boettcher, Silt, CO

MUT Council Contributor-of-the-Year

Morrison Auto Group, Volkswagen of America

Masters LDR Outstanding Athletes

40-44 Eddy Hellebuyck, Albuquerque, NM; Janet Robertz, Shorewood, MN; **45-49** Dave Parsel, Costa Mesa, CA; Lee DiPietro, Ruxton, MD; **50-54** Gary Romesser, Indianapolis, IN; Kathryn Martin, Northport, NY; **55-59** Bill Rodgers, Boxborough, MA; Gloria Jansen, Edina, MN; **60-64** Bill Borla, Torrington, CT; Shirley Matson, Larkspur, CA; **65-69** Ray Parrella, Jeffersonville, IN; Peter Polidori, Bingham Farms, MI; Margret Betz, Conklin, NY; **70-74** Charles Rose, Charlotte, NC; Myra Rhodes, Sacramento, CA; **75-79** Jerry Johncock, Grand Rapids, MI; Muriel Merl, Pomona, NY; **80-84** Lloyd Young, Pine City, MN; Helen Klein, Rancho Cordova, CA; **85-89** Henry Sypniewski, Cheektowaga, NY; Hedy Marque, Alexandria, VA; **90-94** Ernest Van Leeuwen, Encino, CA; Edith Allen, Laguna Hills, CA

Otto Essig Award: Meritorious Service to Masters LDR - George Regan, Albany, NY

USTCA Coaches Hall of Fame

Six inductees included distance coaches, Bob Larsen and Frank Gagliano.

A more complete list including the cross country awards can be found on www.usatf.org.



Road Running Information Center

385 Oak View, Santa Barbara, CA 93111

Special Edition for Olympic Team
Trials - Men's Marathon Guide