

# On the Roads

Volume 18, 2004 Number 2

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

*from Joanie to Deena*

### 20 Years of Women's Marathoning

Joan Benoit Samuelson and Deena Drossin are bookends for U.S. women's distance running success. Twenty years ago in May, Benoit, just 17 days after knee surgery, stamped her name into the history books and our hearts with her stirring victory at the inaugural U.S. Olympic Marathon Trials in Olympia, Wash. Three months later in Los Angeles, in another dominant performance, Benoit further added to her legacy by winning the gold medal at the inaugural Olympic Women's Marathon.

#### *Trends in U.S. Women's Marathon Participation*

Since Joanie's landmark achievements, women's participation in the marathon (and in distance running) has exploded. In 1980, 10.5% of marathon finishers were female whereas today the women comprise close to 40% of the U.S. marathon population which has tripled. The increase for the majority of marathon participants has been fueled by fitness rather than competitive goals. In 1980 the median time for women was 4:03:39. By 2002 the female median marathon time had slowed to 4:56:46 and in 2003 it was a slightly faster 4:48:15.

The marathon population is getting older (average age was 34 for men and 31.3 for women in 1980 compared to 40 and 35.7



respectively in 2003). But one of the largest growth segments for the event is women between the ages of 20 and 30. Of the 22% of marathon participants that are under 30, 54% are female.

#### *Another Banner Year Predicted for U.S. Women in 2004*

Twenty years later, Joan Benoit Samuelson has qualified for her sixth Olympic Marathon Trials, while Deena Drossin (now Kastor) - who broke Joanie's nearly 18-year-old U.S. marathon record at London last April - has qualified for her first OMT and like Joanie in Los Angeles, Deena is a strong contender for an Olympic marathon medal in Athens (if she qualifies in St. Louis).

See **Highlights of U.S. Women's Distance Running**, page 2

### 3 Down and 3 to Go for Athens!



Victor Sailer / Photo Run

Dan Browne (Portland, OR), Alan Culpepper (Lafayette, CO) and Meb Keflezighi (Mammoth Lakes, CA) ensured that the U.S. will have a full team of 3 in the Men's Olympic Marathon. (Complete results, page 23.)



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**Email:** [Linda.Honikman@usatf.org](mailto:Linda.Honikman@usatf.org)  
[Ryan.Lamma@usatf.org](mailto:Ryan.Lamma@usatf.org)

# Highlights of U.S. Women's Distance Running Success (1984-2004)

## 1984

Joan Benoit, gold medal, 2:24:52 inaugural Olympic Women's Marathon, Los Angeles  
Team gold medal, World Cross Country Championships  
Team bronze medal, World 10K Championship

## 1985

Joan Benoit Samuelson, U.S. record (2:21:21), America's Chicago Marathon, overall winner  
Team gold medal, World Cross Country Championships  
Judi St. Hilaire, silver medal, World 15K Championship  
Team bronze medal, World 15K Championship

## 1986

Lynn Jennings, silver medal, World Cross Country Championships  
Team silver medal, Yokohama Int'l Women's Ekiden, Japan  
Team bronze medal, World 15K Championship

## 1987

Team gold medal, World Cross Country Championships

## 1988

Team silver medal, Chiba Ekiden, Japan

## 1989

Sue Marchiano, gold medal, 2:30:48, Team silver medal, World Cup Marathon, Milan, Italy  
Team bronze medal, World Cross Country Championships  
Team gold medal, Kagome-Ekiden Int'l for Women, Barcelona, Spain

## 1990

Lynn Jennings, gold medal, World Cross Country Championships  
Francie Larrieu Smith, silver medal, World 15K Championship

## 1991

Lynn Jennings, gold medal, World Cross Country Championships  
Francie Larrieu Smith, silver medal, 2:27:35, World Cup Marathon, London  
Team bronze medal, World Cup Marathon, London

## 1992

Lynn Jennings, gold medal, World Cross Country Championships  
Team silver medal, World Cross Country Championships  
Lynn Jennings, bronze medal, 10,000m, first U.S. women's distance Olympic track medal, Barcelona, Spain  
Team bronze medal, Beijing Int'l Women's Ekiden, China

## 1993

Lynn Jennings, bronze medal, World Cross Country Championships  
Lynn Jennings, bronze medal, 3000m, World Indoor Championships

## 1995

Lynn Jennings, silver medal, 3000m, World Indoor Championships  
Joan Nesbitt, bronze medal, 3000m, World Indoor Championships

## 1998

Team bronze medal, World 4K Cross Country Championships

## 1999

Regina Jacobs, bronze medal, 3000m, World Indoor Championships

## 2000

Team bronze medal, World 8K Cross Country Championships

## 2002

Deena Drossin, silver medal, World 8K Cross Country Championships  
Colleen De Reuck, bronze medal, World 8K Cross Country Championships  
Team silver medal, World 8K Cross Country Championships

## 2003

Deena Drossin, silver medal, World 8K Cross Country Championships  
Team bronze medal, World 8K Cross Country Championships  
Deena Drossin, U.S. record (2:21:16), Flora London Marathon, 3rd overall

## 2004

Shayne Culpepper, bronze medal, 3000m, World Indoor Championships

**More to come...**

# 2004 U.S. Olympic Team Trials - Women's Marathon

# Female Qualifier Stats

*Preliminary Data About the 2004 Female Qualifiers as of March 10*

## QUALIFIERS

149 (+2 pending)

## TOTAL RETURNING

56 of the 2004 qualifiers also qualified in 2000

## AVERAGE AGE

33.4 years  
(was 28 in '84, 33.5 in '00)

**TOTAL MASTERS (+40) = 29**

## AVERAGE HEIGHT

5'-4.5"

## AVERAGE WEIGHT

111.5 lbs.

**MARRIED (88) = 59%**

**SINGLE (61) = 41%**

## TOP 5 OCCUPATIONS

1. Athlete	24
2. Teacher	20
3. Mom	10
4. Student	8
Coach	8

## COLLEGE DEGREES

out of the 149 responses  
138 have college degrees or 92.6%,  
national average =24.4%  
83% had college degrees in 2000

## MOST CLUB MEMBERS

1. Aggie Running Club	5
Merrimack Valley	5
3. Atlanta Track Club	4
Run N Fun	4
5. Moving Comfort	3
Farm Team	3

## MOST COMMON FIRST NAME

Jen/Jenny/Jennifer (8)  
Kim/Kimberly (7)

## TOP STATES (WOMEN ONLY)

(see pages 4-6 for complete list)

1. California	26
2. Minnesota	11
3. Colorado	10
4. Massachusetts	9
5. Pennsylvania	8

## TOP STATES (MEN+WOMEN)

1. California	41
2. Colorado	20
3. Michigan	17
4. Minnesota	14
5. Oregon	13
Pennsylvania	13
7. Massachusetts	11
New York	11
9. Utah	10
10. New Mexico	9
Virginia	9
12. Georgia	8
Wisconsin	8
14. Arizona	7
15. North Carolina	6
Ohio	6

## TWELVE OLYMPIANS

* Joan Benoit Samuelson	1984	marathon (gold medal)
* Chris Clark	2000	marathon (19th)
* Deena Drossin	2000	10,000m
* Colleen De Reuck	2000	marathon (31st for RSA)
Colleen De Reuck	1996	10,000m (13th, RSA)
Colleen De Reuck	1992	marathon (9th, RSA)
* Kate Fonshell	1996	10,000m
* Nadia Prasad	1996	marathon (56th, FRA)
* Jen Rhines	2000	10,000m
* Marla Runyan	2000	1500m (8th)
* Linda Somers Smith	1996	marathon (31st)
* Jenny Spangler	1996	marathon (DNF)
* Shelly Steely	1992	3000m (7th)
* Maria Trujillo de Rios	1984	marathon (25th, MEX)

## MOST QUALIFYING TIMES (4)

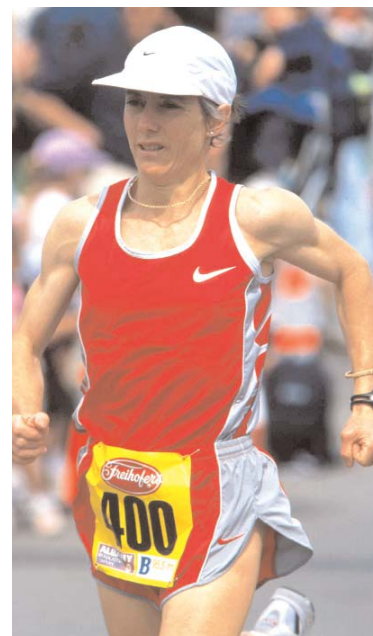
Stacie Alboucrek, 36, Ft. Lauderdale, FL  
Katie Blackett, 27, Boulder, CO  
Jill Gaitenby, 37, Los Osos, CA

## YOUNGEST QUALIFIER

Jennifer Fazioli, 23,  
State College, PA  
(born October 30,  
1980)

## OLDEST QUALIFIER

Joan Benoit  
Samuelson, 46,  
Freeport, ME (born  
May 16, 1957)  
[photo right, Victor  
Sailer/Photo Run]



## EIGHT PAST USA MARATHON CHAMPIONS

Maria Trujillo (de Rios), 1991  
Linda Somers (Smith), 1993-94  
Jenny Spangler, 1996  
Kim Pawelek, 1999  
Chris Clark, 2000  
Deena Drossin (Kastor), 2001  
Jill Gaitenby (Boaz), 2002  
Sara Wells, 2003

## HAS A TWIN

Karen Sanford Gall (Kathy)  
Lisa Vaill (Teresa)

## SIX-TIME OMT QUALIFIERS BY TIME

Bev Docherty, 45, St. Paul, MN  
Angela French, 45, Lacey, WA  
Cindy Keeler, 46, Clermont, FL

Note: Docherty can become the first six-time Olympic Marathon Trials finisher. Also, Joan Benoit Samuelson is technically a six-time OMT qualifier, but her 1988 "qualifier" was automatic because she was a 1984 Olympian.

## FOREIGN BORN

Kate Fonshell, Kinshasa, Zaire  
Angela French, St. John's,  
Newfoundland, Canada  
Colleen De Reuck, Vryheid, S.Africa  
Naoko Ishibe, Kyoto, Japan  
Magdalena Lewy, Jastrzebie, Poland  
Nadia Prasad, Causade, France  
Linda Somers Smith, Bitburg, GER  
Maria Trujillo de Rios, Mexico  
Liz Wilson, Taipei, Taiwan  
Mary Akor, Lagos, Nigeria\*  
\*pending qualifier at press time

# Qualifiers by State

*Milena Glusac, Deena Drossin (Kastor) and Colleen De Reuck became first female qualifiers at 2001 NYC Marathon*



Victor Sailer / Photo Run

BIB	NAME, AGE, HOMETOWN, ST	QUALIFYING TIME	BEST MARATHON	AFFILIATION, OCCUPATION, DEGREE, COLLEGE
<b>AK</b>				
n.a.	Chris Clark, 41, Anchorage, AK	2:38:19a AK 06/22/02	2:31:35a [AUS09/24/00]	pathologist, B.S. pre-med '84, Montana State
<b>AZ</b>				
58	Susan Loken, 40, Phoenix, AZ	2:44:19a AZ 12/08/02	2:44:19a [AZ 12/08/02]	retail sales, Edmonds Community College
65	Paula Morrison, 30, Tucson, AZ	2:44:50a UT 10/05/02	2:44:50a [UT 10/05/02]	jewelry sales, B.F.A., printmaking '97, U of Utah
117	Suzy Schumacher, 34, Phoenix, AZ	2:47:23a UT 10/04/03	2:47:23 [UT 10/04/03]	physical therapist, B.S. exercise science '92, Northeast Missouri
132	Molly Friel, 36, Tucson, AZ	2:47:43a UT 10/05/02	2:47:43a [UT 10/05/02]	legal secretary, Northern Arizona University
<b>CA</b>				
1	Deena Kastor, 31, Mammoth Lakes, CA	2:21:16 GBR 04/13/03	2:21:16 [GBR04/13/03]	ASICS, athlete, B.A. English/creative writing '96, Arkansas
5	Milena Glusac, 28, Fallbrook, CA	2:31:14 NY 11/03/02	2:31:14 [NY 11/03/02]	adidas, athlete, B.A. psychology/Spanish '97 and M.A., Oregon
6	Magdalena Lewy Boulet, 30, Oakland, CA	2:31:38 PA 05/04/03	2:31:38 [PA 05/04/03]	Farm Team, researcher, B.A. human biodynamics '97, UC Berkeley
8	Sylvia Mosqueda, 37, Los Angeles, CA	2:33:10 NY 11/02/03	2:33:10 [NY 11/02/03]	athlete, B.S. physical education '88, Cal State Los Angeles
9	Jill Boaz, 37, Los Osos, CA	2:34:54 FRA 08/31/03	2:34:54 [FRA08/31/03]	Aggie Running Club, athlete, B.A. math '88, Boston College
14	Linda Somers Smith, 42, San Luis Obis, CA	2:37:14 FRA 08/31/03	2:30:06 [SC 02/10/96]	Aggie RC, athlete/attorney, B.A. econ '83; J.D. '86, UC Davis
15	Tamara Lave, 35, San Diego, CA	2:37:32a CA 12/08/02	2:37:32a [CA 12/08/02]	lawyer, B.A. '90, Haverford
18	Kim Fitchen-Young, 35, Santa Cruz, CA	2:38:05 NY 11/03/02	2:38:05 [NY 11/03/02]	Nike, athlete, B.S. pre-med '90, UC-Santa Barbara
28	Kelly Flathers, 32, Huntington Beach, CA	2:40:55 NY 09/29/02	2:40:55 [MN 09/29/02]	MRI technician, Cal Poly San Luis Obispo graduate
37	Midori Sperandeo, 37, Fair Oaks, CA	2:41:51a NV 02/03/02	2:41:51a [NV 02/03/02]	Spiridon Racing Team, ind. contractor, B.A. rhetoric, UC Berkeley
39	Kelly Cordell, 34, San Luis Obispo, CA	2:42:28 NY 11/04/01	2:42:28 [NY 11/04/01]	Fila, athlete, B.S. '92, Arizona State University
53	Rachel Cook, 35, Santa Cruz, CA	2:43:44a TX 02/16/03	2:43:44 [TX 02/16/03]	B.A. graphic design '90, Auburn
57	Heather Tanner, 26, Palo Alto, CA	2:44:09 OH 10/19/03	2:44:07 [OH 10/19/03]	Farm Team, medical researcher, B.S. biology '00, UNC
77	Jennifer DeRego, 24, Arroyo Grande, CA	2:45:26a CA 12/07/03	2:45:26a [CA 12/07/03]	Aggie Running Club, teacher, B.A. kinesiology '02, Cal State SLO
80	Kari Bertrand, 33, Gilroy, CA	2:45:46a NV 01/25/04	2:47:45 [NY 11/05/00]	Aggie Running Club, physician, B.S. '92, Georgetown
82	Dana Parrot, 34, Folsom, CA	2:45:51a NV 02/03/02	2:45:51a [NV 02/03/02]	social worker, B.A. psych, UMass Amherst; MSW '93, Smith
94	Maria Trujillo de Rios, 44, Los Gatos, CA	2:46:20a MN 06/21/03	2:28:53a [MA 04/16/90]	mom, B.S. computer science '85, Arizona State
98	Michelle Hannaford, 33, Igo, CA	2:46:30a AZ 12/07/03	2:46:29 [AZ 12/07/03]	Impala Racing Team, mech engineer, B.S. mech engineering, UCSD
101	Chris Lundy, 33, Sausalito, CA	2:46:39 AZ 01/11/04	2:46:39 [AZ 01/11/04]	Farm Team, veterinarian, B.A. biology '92, University of Penn
110	Caroline Annis, 23, San Francisco, CA	2:47:00a CA 12/07/03	2:47:00a [CA 12/07/03]	medical coordinator, B.A. human biology '02, Stanford University
125	Heather Frisone, 30, Chino Hills, CA	2:47:32 CA 10/13/02	2:47:32 [CA 10/13/02]	Cal State Fullerton '95
130	Mary Coordt, 34, Elk Grove, CA	2:47:39a MN 06/21/03	2:47:39 [MN 06/21/03]	Buffalo Chips RC, teacher, B.S. nutrition '92, UC Davis
131	Kathryn Kasischke, 27, San Diego, CA	2:47:40a NV 01/25/04	2:48:45a [UT 10/02/99]	entrepreneur, B.S. biomedical/electrical engineering '97, Duke
136	Katy Hollbacher, 29, San Francisco, CA	2:47:51 IL 10/12/03	2:47:51 [IL 10/12/03]	Transport adidas, architect engineer, B.S. civil eng, Mich; M.S., MI
137	Megan Daly, 25, Palo Alto, CA	2:47:53 OR 10/05/03	2:47:53 [OR 10/05/03]	Impala Racing Team, med student, B.S. biol sciences '01, Stanford
(*)	Mary Akor, 27, Gardena, CA	2:45:54a [CA 12/07/03]*	2:45:54a [CA 12/07/03]	from Nigeria, U.S. competition eligibility under review
<b>CO</b>				
2	Colleen De Reuck, 39, Boulder, CO	2:28:01 IL 10/12/03	2:26:35 [GER09/29/96]	Nike, athlete/mom, education '85, University of Port Elizabeth, RSA
25	Katie Blackett, 27, Boulder, CO	2:40:25a UT 10/04/03	2:40:25 [UT 10/04/03]	finance/banking, B.A. economics '99 Villanova
60	Patty Murray, 38, Boulder, CO	2:44:27a MN 06/22/02	2:44:27a [MN 06/22/02]	financial rep, B.A. business management '88, Western Illinois U
n.a.	Madeline Tormoen, 42, Colorado Sprgs, CO	2:45:30 TX 01/19/03	2:40:23 [OH 05/05/96]	diagnostician, B.S. '85, University of Oregon
79	Nadia Prasad, 36, Longmont, CO	2:45:41 MO 04/05/03	2:29:48 [CA 03/05/95]	athlete, '91, University of Southern Utah
87	Heather Hunt, 29, Englewood, CO	2:46:07 IL 10/12/03	2:46:07 [IL 10/12/03]	exec. assistant, B.A. health/exercise science '96, Furman U
100	Nicole Kulikov, 28, Ft. Collins, CO	2:46:34 IL 10/12/03	2:46:34 [IL 10/12/03]	Aggie Running Club, student, B.S. biology/phys '98, Cal St Fresno
118	Nikole Johns, 29, Ft. Collins, CO	2:47:24a MN 06/22/02	2:47:24a [MN 06/22/02]	Saucony, occup. therapist, B.A. exercise physiology '97, Adams St
138	Mary Dolan Cote, 39, Basalt, CO	2:47:55a UT 10/04/03	2:47:55 [UT 10/04/03]	mom, B.S. marketing '86, University of CO, Boulder
139	Tanya Poel, 38, Boulder, CO	2:47:56a UT 10/05/02	2:47:56a [UT 10/05/02]	airline pilot, B.S. business admin, U of Vermont-Burlington
<b>CT</b>				
121	Brett Romano, 24, Middlebury, CT	2:47:29a TX 02/15/04	2:47:29 [TX 02/15/04]	professor, B.S. dietetics '01, James Madison University
128	Maura Danahy, 23, Windsor, CT	2:47:37 NY 11/03/02	2:47:37 [NY 11/03/02]	school tutor, B.A. human development '02, Connecticut College
135	Mary-Lynn Currier, 39, Unionville, CT	2:47:48 CT 10/11/03	2:35:18a [MA 04/20/98]	teacher, B.A. physical education '86, Ithaca
<b>FL</b>				
22	Stacie Alboucrek, 36, Ft. Lauderdale, FL	2:39:49 VA 03/15/03	2:39:49 [VA 03/15/03]	athlete/mom, B.S. health administration '93, FL Atlantic Univ.
46	Lisa Vaill, 41, Gainesville, FL	2:43:07 MO 04/05/03	2:37:11 [FL 12/03/95]	athlete, Attended Cobleskill Tech.
99	Cindy Keeler, 46, Clermont, FL	2:46:32 IL 09/22/02	2:39:49a [MA 04/20/98]	housewife, B.S. education/recreation admin. '80, E Michigan

# 2004 U.S. Olympic Team Trials - Women's Marathon

## GA

20	Beth Old, 29, Douglasville, GA	2:39:16a MN 06/22/02	2:39:16a [MN 06/22/02]	Atlanta Track Club, mom, B.S. chemistry '98, Georgia Inst of Tech
23	Turena Johnson Lane, 28, Statesboro, GA	2:40:14 MN 10/05/03	2:40:14 [MN 10/05/03]	coach, GA State U, B.A. elementary education '97, Luther College
48	Judy Johnson, 26, Marietta, GA	2:43:12 VT 05/26/02	2:43:12 [VT 05/26/02]	athlete/coach/tutor, B.S. civil engineering '00, Georgia Inst of Tech
67	Michelle LaFleur, 31, Savannah, GA	2:44:54 IL 10/12/03	2:43:36 [SC 02/26/00]	exercise specialist, B.S. health science '95, SUNY/Cortland
76	Wendy Hall, 34, Avondale Estates, GA	2:45:19a TX 02/16/03	2:45:19 [TX 02/16/03]	Atlanta Track Club, exec. asst, B.S. psych/phys ed '91, Willamette
102	Leah Moore, 27, Atlanta, GA	2:46:40a TX 02/16/03	2:46:40 [TX 02/16/03]	Atlanta Track Club, sports nutritionist, B.S. nutrition '99, Univ of TN
(*)	Valerie Young, 37, Marietta, GA	2:38:02a [MN 06/22/02]*	2:38:02a [MN 06/22/02]	Atlanta Track Club, from Ireland, applying for U.S. citizenship

## IA

112	Christy Nielsen-Crotts, 28, Council Bluffs, IA	2:47:03 MO 04/05/03	2:43:27 [TN 12/07/97]	physical therapist, B.S. psych/exercise science '97, Creighton U
142	Robyn Friedman, 31, Newton, IA	2:47:59P PA 11/23/03	2:47:59 u [PA 11/23/03]	physical therapist, B.A. biology '95, Wartburg College

## ID

52	Tiffany Larson, 37, Boise, ID	2:43:35a UT 10/04/03	2:43:35 [UT 10/04/03]	Greater Boise RC, account manager, Business, Boise State Univ
78	Cynthia Mauzerall, 30, Boise, ID	2:45:34a UT 10/04/03	2:45:34 [UT 10/04/03]	Greater Boise RC, counselor, B.A. psychology '96, Wake Forest
88	Cori Mooney, 30, Boise, ID	2:46:11a CA 12/07/03	2:46:11a [CA 12/07/03]	sales, B.A. English/communciation, Boise State

## IL

7	Jenny Spangler, 40, Lake Villa, IL	2:32:39 IL 10/12/03	2:29:54 [SC 02/10/96]	coach/mom, B.S. computer science '86, Iowa
109	Kim Miltz, 30, Hoffman Estates, IL	2:47:00 IL 10/13/02	2:47:00 [IL 10/13/02]	teacher/coach, B.S. biology '97, U of IL, Champaign-Urbane

## IN

103	Heather May, 33, Bloomington, IN	2:46:41a TX 02/15/04	2:46:41 [TX 02/15/04]	Indiana Invaders, student, B.A. drama '92, Grinnell College
134	Lucie Mays, 33, Carmel, IN	2:47:45 IL 10/12/03	2:47:45 [IL 10/12/03]	dietitian, B.S. food and nutrition '93, U of TN Chattanooga

## MA

4	Blake Russell, 28, Acton, MA	2:30:41 MN 10/05/03	2:30:41 [MN 10/05/03]	New Balance, phys therapist, B.A. psych / exercise phys '97, UNC
38	Molly Taber, 31, Somerville, MA	2:42:13 IL 10/13/02	2:42:13 [IL 10/13/02]	Merrimack VS, marketing, B.A. Russian/econ '95, Bates College
71	Seana Carmean, 28, Amherst, MA	2:45:05 PA 11/23/03	2:45:05 [PA 11/23/03]	Merrimack VS, massage therapist, UMass, Amherst (student now)
72	Nina Caron, 44, Andover, MA	2:45:07 IL 10/12/03	2:45:07 [IL 10/12/03]	Merrimack VS, personal trainer, B.A. sociology '81, Bates College
75	Mimi Fallon, 38, Walpole, MA	2:45:17 IL 10/12/03	2:40:42a [MN 06/20/98]	sales, Business degree '87, MT Ida Newton
91	Cathi Campbell, 36, Allston, MA	2:46:17a MA 04/15/02	2:46:17a [MA 04/15/02]	Boston AA, attorney, B.S. '89, Northeastern; J.D. '92, Northeastern
96	Susannah Landreth, 35, Newburyport, MA	2:46:26 IL 10/13/02	2:46:26 [IL 10/13/02]	Merrimack VS, bookkeeper, A.A. court reporting, '99, MA Bay C.C.
129	Jennifer Rapaport, 40, Melrose, MA	2:47:39 IL 10/13/02	2:47:39 [IL 10/13/02]	Merrimack VS, marketing, B.S. bus admin '86, U New Hampshire
141	Diana Bowser, 30, Medford, MA	2:47:56a TX 02/15/04	2:47:29 [IL 10/24/99]	public health spec., B.A. social anthropology '95, Harvard

## MD

n.a.	Lee Di Pietro, 45, Ruxton, MD	2:47:16a MN 06/21/03	2:47:16 [MN 06/21/03]	coach/athlete, B.A. '80, Boston University
116	Naoko Ishibe, 35, Silver Spring, MD	2:47:22 GER 09/29/02	2:43:38 [IL 10/19/97]	researcher, B.A. chemistry '91, University of Chicago

## ME

34	Emily LeVan, 31, Wiscasset, ME	2:41:37a MA 04/21/03	2:41:37 [MA 04/21/03]	student, B.A. Spanish/environmental studies, Bowdoin
40	Joan Benoit Samuelson, 46, Freeport, ME	2:42:28 IL 10/13/02	2:21:21 [IL 10/20/85]	Nike, consultant, B.A. history/environmental studies '79, Bowdoin

## MI

35	Monica Hostetler, 27, Royal Oak, MI	2:41:38 NY 11/04/01	2:41:38 [NY 11/04/01]	Hansons-Brooks, athlete, B.A. psychology '99, Anderson University
68	Anne Flynn, 40, Augusta, MI	2:44:58 IL 10/13/02	2:44:58 [IL 10/13/02]	science teacher, B.S. biochem '86, U of Iowa; M.A., teaching, Iowa
86	Seana Larson, 34, Dexter, MI	2:45:59 IL 09/28/03	2:45:59 [IL 09/28/03]	demographic analyst, B.S. geography '93, Wayne Forest University
97	Sarah Plaxton, 35, Highland, MI	2:46:27 PA 11/24/02	2:46:27 [PA 11/24/02]	homemaker, B.A. French '90, Central Michigan University
114	Carly Graytock, 25, Royal Oak, MI	2:47:17a MN 06/21/03	2:47:17 [MN 06/21/03]	Hansons-Brooks, scientist, B.S. biochemistry '00, Bucknell

## MN

10	Sara Wells, 25, Edina, MN	2:35:37 MO 04/05/03	2:35:37 [MO 04/05/03]	ASICS/Team USA MN, athlete/teacher, B.S. psychology '01, Okla St
31	Sharon Stubler, 39, Minnetonka, MN	2:41:26a MN 06/22/02	2:41:26a [MN 06/22/02]	Prairie Striders, cost accountant, B.A. econ/acctg, U of WI, LaCrosse
41	Katie Koski, 31, Two Harbors, MN	2:42:33a MN 06/22/02	2:42:33a [MN 06/22/02]	Northwoods Minnesota, waitress, B.A. Eng '96, Montana St Univ
45	Kim Kauls, 34, Forest Lake, MN	2:43:01a MN 06/22/02	2:43:01a [MN 06/22/02]	financial analyst, B.A. business mgt., economics '91, NC State
49	Janet Robertz, 44, Shorewood, MN	2:43:13a MN 06/22/02	2:43:13a [MN 06/22/02]	GEAR Running Store, credit analyst, B.A. psych '82, Bethel College
51	Johanna Olson, 25, Bloomington, MN	2:43:27 MN 10/05/03	2:43:27 [MN 10/05/03]	Team USA MN, coach, B.A. health education '01, Luther College
54	Kelly Keeler, 42, Bloomington, MN	2:43:45a MN 06/22/02	2:42:25a [MN 06/21/97]	Run N Fun, editor, B.A. English '84, University of Nebraska
62	Shelly Larson, 34, Lakeville, MN	2:44:40 TX 01/18/04	2:44:40 [TX 01/18/04]	Run N Fun, daycare provider, B.S. food science, U of Wis, River Fls
84	Melissa Gacek, 27, White Bear Lake, MN	2:45:55 TX 01/18/04	2:45:55 [TX 01/18/04]	Run N Fun, advertising, B.A. journalism/art history, U St. Thomas
108	Bev Docherty, 45, St. Paul, MN	2:46:56a TX 02/15/04	2:38:23a [MN 10/06/85]	Prairie Striders, teacher/track coach, B.S. phys ed '81, U of Iowa
111	Staci Bennett, 35, White Bear Lake, MN	2:47:02a MN 06/22/02	2:48:44 [MN 10/03/99]	Run n Fun, forensic scientist, B.S. biology '91, U of Minnesota

## MT

56	Nicole Hunt, 33, Deer Lodge, MT	2:44:08 MN 10/05/03	2:44:08 [MN 09/28/03]	Moving Comfort, coach, B.S. nursing '95, University of Montana
81	Karen Sanford Gall, 43, Billings, MT	2:45:49a UT 10/05/02	2:44:22 [CA 12/08/91]	race director, B.A. journalism '82, U of Wyoming; Laramie
113	Kathy Aragon, 44, Billings, MT	2:47:07a UT 10/05/02	2:47:07a [UT 10/05/02]	physical therapist, B.S. communication disorders, U of New Mexico

## NC

43	Zika Palmer, 28, Blowing Rock, NC	2:42:42 IL 10/12/03	2:42:42 [IL 10/12/03]	ZAP Fitness, ZAP Fitness owner, B.S. biology '98, Emory University
47	Kim Pawelek, 30, Arden, NC	2:43:11 FL 12/14/03	2:37:56 [MN 10/03/99]	New Balance, athlete, University of North Florida
73	Tara Wojciechowski, 28, Cary, NC	2:45:09 IL 10/13/02	2:45:09 [IL 10/13/02]	adidas Raleigh TC, chemistry teacher, B.A. bio sciences, Delaware
89	Jennifer McConeghy, 27, Raleigh, NC	2:46:14 IL 10/13/02	2:46:14 [IL 10/13/02]	student
122	Farrell Burns, 28, Charlotte, NC	2:47:30 IL 10/13/02	2:47:30 [IL 10/13/02]	banker, B.A. English '98, Colby College

*continued on next page*

# 2004 U.S. Olympic Team Trials - Women's Marathon

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<b>NJ</b>				
120	Madelyn Noe-Schlentz, 43, Freehold, NJ	2:47:26a MN 06/22/02	2:47:26a [MN 06/22/02]	registered dietitian, University of Rhode Island graduate
<b>NM</b>				
3	Deeja Youngquist, 27, Albuquerque, NM	2:29:01 IL 10/12/03	2:29:01 [IL 10/12/03]	Saucony, project manager-FAA, B.S. communications, U of Wash
36	Erica Larson, 32, Los Alamos, NM	2:41:42 IL 10/12/03	2:41:42 [IL 10/12/03]	chemist, B.S. chemistry '93, Marquette University
66	Shelly Steely, 41, Albuquerque, NM	2:44:51 NY 11/03/02	2:41:21 [MN 10/03/99]	Mizuno, athlete, B.A. '85, Florida
143	Marie Boyd, 44, Albuquerque, NM	2:48:00a TX 02/17/02	2:38:28 [MN 10/14/90]	Moving Comfort, surg pathologist, B.A. bio/chem, Gustavus Adlphs
<b>NY</b>				
11	Jeanne Hennessy, 26, Mahopac, NY	2:35:53 IL 10/13/02	2:35:53 [IL 10/13/02]	Nike, athlete, B.S. psychology '99, Villanova
n.a.	Gordon Bakoulis, 43, New York, NY	2:41:43 NY 11/04/01	2:33:01a [NY 11/05/89]	Moving Comfort, editor-NY Runner, B.A. history '83, Virginia
42	Laura Bloedorn, 23, Rochester, NY	2:42:35a TX 02/15/04	2:42:35a [TX 02/15/04]	Team USA New York, athlete, B.A. biology '03, Carleton College
90	Julia Stamps, 25, New York, NY	2:46:17 IL 10/12/03	2:46:17 [IL 10/12/03]	sales trader, B.A. sociology '02, Stanford
93	Margaret Angell, 27, New York, NY	2:46:20 GBR 04/13/03	2:46:20 [ 04/13/03]	student, B.A. '98, Harvard
124	Megan Holden, 34, Shoreham, NY	2:47:31 PA 11/23/03	2:47:31 [PA 11/23/03]	teacher's asst, B.A. government '91, College of William and Mary
<b>OH</b>				
16	Rachel Kinsman, 30, Archbold, OH	2:37:51 IL 10/12/03	2:37:51 [IL 10/12/03]	substitute teacher, B.S. health promotions '97, Auburn
115	Melissa Rittenhouse, 27, Sheffield, OH	2:47:21a TX 02/16/03	2:47:21 [TX 02/16/03]	dietitian, B.S. dietetics '99, University of Dayton
<b>OR</b>				
n.a.	Marla Runyan, 35, Eugene, OR	2:27:10 NY 11/03/02	2:27:10 [NY 11/03/02]	Nike, athlete, B.S. education '91, San Diego State
19	Jenny Crain, 36, Eugene, OR	2:38:49 NY 11/02/03	2:38:49 [NY 11/02/03]	WI Runner Racing Team, consultant, B.S. communications, Ohio U
21	Rosa Gutierrez, 40, Glendale, OR	2:39:40 NY 09/29/02	2:35:55a [CA 12/03/89]	phys ed teacher, B.S. physical education '86, University of Oregon
32	Liz Wilson, 35, Eugene, OR	2:41:33 AZ 01/11/04	2:37:27 [SC 02/26/00]	sales manager, B.S. marketing/management '91, University of OR
85	Meghan Arbogast, 42, Corvallis, OR	2:45:57 NZL 06/01/03	2:45:52a [MA 04/16/01]	Team Oregon, computer specialist, B.S. science '83, Oregon State
104	Hallie Janssen, 28, Portland, OR	2:46:48a TX 02/15/04	2:46:48 [TX 02/15/04]	Bowermann AC, marketing dir, B.S. communications, U CO, Boulder
127	Amy Rodriguez, 31, Roseburg, OR	2:47:36a MN 06/22/02	2:47:36a [MN 06/22/02]	teacher, B.A. education, University of Portland
<b>PA</b>				
27	Cassy Byrne, 38, Pottstown, PA	2:40:27 PA 11/24/02	2:40:27 [PA 11/24/02]	Haddonfield RC, personal trainer, B.S. communications '87 Villanova
29	Kate Fonshell, 34, Ardmore, PA	2:40:55 PA 11/24/02	2:40:55 [PA 11/24/02]	sports psychologist, B.A. psychology '91, Villanova
30	Jen Rhines, 29, Ardmore, PA	2:41:16 IL 10/13/02	2:41:16 [IL 10/13/02]	adidas, athlete, B.S. civil engineering '96, Villanova
50	Kimberly Saddic, 34, West Chester, PA	2:43:20 PA 11/24/02	2:43:20 [PA 11/24/02]	management, B.S. psychology '92, George Mason University
74	Deirdre Brill, 26, Philadelphia, PA	2:45:10 PA 11/23/03	2:45:10 [PA 11/23/03]	grad student, B.A. women's studies/history, Yale University
105	Kim Harrity, 30, Haverford, PA	2:46:49a MN 06/22/02	2:46:49a [MN 06/22/02]	Bryn Mawr RC, asst manager, B.S. exercise physiology '95, Penn St
n.a.	Jennifer Fazioli, 23, State College, PA	2:47:22a NY 10/13/02	2:47:52a [NY 10/13/02]	student, B.A. history '02, U of CO, Boulder
133	Doreen McCoubrie, 42, Malvern, PA	2:47:44 IL 10/12/03	2:49:23 [IL 10/13/02]	homemaker, B.S. agricultural business mgmt '85, Penn State
<b>SC</b>				
119	Donna Anderson, 37, Pawleys Island, SC	2:47:25 NY 11/04/01	2:47:25 [NY 11/04/01]	retail owner, B.A. communciations '89, North Carolina
<b>TX</b>				
12	Kelly Keane, 31, The Woodlands, TX	2:36:26 RI 10/13/02	2:36:26 [RI 10/13/02]	New Balance, runner/massage thpst, B.S. sports man, UMass-Amh.
44	Lori Stich Zimmerman, 33, Cedar Creek, TX	2:43:01a TX 02/17/02	2:43:01a [TX 02/17/02]	attorney, B.A. English/music/politics/government '91, Ripon
123	Kimberly Hager, 32, The Woodlands, TX	2:47:30 TX 01/18/04	2:47:30 [TX 01/18/04]	athlete, B.S. accountancy, University of Denver
<b>UT</b>				
61	Genevieve Kiley, 29, Park City, UT	2:44:36a UT 10/04/03	2:44:36 [UT 10/04/03]	fundraiser, B.A. political science/Spanish '96, U of Utah
70	Michelle Simonaitis, 37, Draper, UT	2:45:05 MN 09/29/02	2:40:34a [TX 02/18/01]	Wasatch Athletics, acct mgr, A.A., Intermnt College Court Reporting
92	Cheryl Harper, 41, Orem, UT	2:46:20a UT 10/05/02	2:39:18a [UT 10/05/91]	wife/race director, Attended Brigham Young
106	Valerie Gearheart, 31, Santaquin, UT	2:46:51a UT 10/05/02	2:46:51a [UT 10/05/02]	mom, Attended U of Utah, A.A. '93, Ricks College in ID
126	Aimee Larkin, 27, Salt Lake City, UT	2:47:33a UT 10/05/02	2:47:33a [UT 10/05/02]	mom, B.S. exercise physiology '98, University of Utah
<b>VA</b>				
17	Heather Hanscom, 26, Alexandria, VA	2:37:59 DC 10/26/03	2:37:59 [DC 10/26/03]	research assistant, B.S. health science/pre-med '01, James Madison
26	Christina Wells, 29, Woodbridge, VA	2:40:27 IL 10/13/02	2:40:27 [IL 10/13/02]	Fleet Feet, school site coord., B.A. psych/therapeutic rec, Wstrn KY
107	Meghan McLaughlin, 25, Vienna, VA	2:46:52 PA 11/23/03	2:46:52 [PA 11/23/03]	consultant, Radford University
<b>WA</b>				
24	Jennifer Tonkin, 32, Seattle, WA	2:40:24 IL 10/12/03	2:38:30 [IL 10/22/00]	Seattle Running Co., chem professor, B.A. chem '93, Macalester
33	Alysun Deckert, 37, Seattle, WA	2:41:34a MN 06/22/02	2:38:01 [MN 10/06/96]	registered dietitian, B.S. nutrition '89, Kansas St; M.S. nutrition '94
55	Karen Steen, 39, Olympia, WA	2:43:48a UT 10/05/02	2:43:48a [UT 10/05/02]	Brooks/Club NW, teacher, B.A. ph. ed, Pacific Lutheran; M.A., Portld
83	Angela French, 45, Lacey, WA	2:45:53a UT 10/05/02	2:43:31a [UT 10/02/99]	web application, B.A. music '81, Puget Sound
95	Kari McKay, 35, Spokane, WA	2:46:20a CA 12/07/03	2:45:55 [OR 10/04/98]	rancher, B.A. recreational therapy '92, Eastern Washington
<b>WI</b>				
63	Carol LeGate, 41, Green Bay, WI	2:44:44 IL 10/13/02	2:44:44 [IL 10/13/02]	mother, B.S. computer science '86, Cal Poly S Luis Obispo
64	Wendi Ray, 31, Sister Bay, WI	2:44:48 IL 10/13/02	2:35:44 [IL 10/07/01]	WI Runner, speech pathologist, B.A. '96, U of WI, Stevens Point
140	Rachel Earney, 24, Cochrane, WI	2:47:56 FL 12/14/03	2:47:56 [FL 12/14/03]	Lords of the Rings, milling company, Attended U of MN-Twin Cities
<b>WV</b>				
69	Heather Bury, 29, Morgantown, WV	2:45:04a UT 10/05/02	2:45:04a [UT 10/05/02]	Saucony, graduate student, B.A. English '98, West Virginia Univ
<b>WY</b>				
59	Brenda Graham Gray, 42, Rock Springs, WY	2:44:22a UT 10/04/03	2:45:15a [UT 10/03/87]	teacher, B.A. special and elem. ed '84, U of Wyoming
<b>Canada</b>				
13	Susannah Beck, 35, Halifax, Nova Scotia	2:36:34 MN 09/29/02	2:36:34 [MN 09/29/02]	New Balance, athlete/asst editor, B.A. literature '91, Yale

(\* ) Note: U.S. competition eligibility status is being reviewed for Valerie Young and Mary Akor as of press time.

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



Victor Sailer / Photo Run

**Deena Kastor 1**

ASICS  
Mammoth Lakes, CA  
Age: 31 [02/14/73] 5' 4 105lbs  
Occupation: athlete

Qualifying Time: 2:21:16 GBR 04/13/03  
College: B.A. English/creative writing '96, Arkansas  
Family: Married to Andrew in 2003; maiden name Drossin  
Previous Trials Qualifier: n.a.

**Best Performances:**

Best 5KM: 14:54 [CA 04/07/02] Best 10KM: 32:08 [NY 06/08/02]  
Best HMAR: 1:10:08 [VA 09/02/01] Best MARA: 2:21:16 [GBR04/13/03]  
Best 10K/Tr: 30:50.32 [CA 05/03/02]

2003 Jesse Owens Award winner, 2002-03 World Cross Country silver medal; WR 5K U.S. record holder 5K, 10,000m, 15K and marathon; 2000 Olympian at 10,000m 15-time national champion, Team Running USA member, Joe Vigil, coach

**2003/04 Performances:**

Time	10Kequiv.	Race	Date	ST	Dist
2:21:16	[30:17]	Flora London	04/13/03	GBR	MAR
47:13	[30:36]	Gate River Run / USA 15K Champs	03/08/03	FL	15K
33:17	[32:12]	Bolder Boulder 10K	05/26/03	CO	10K



Victor Sailer / Photo Run

**Marla Runyan \***

Nike  
Eugene, OR  
Age: 35 [01/04/69] 5' 7 115lbs  
Occupation: athlete

Qualifying Time: 2:27:10 NY 11/03/02  
College: B.S. education '91, San Diego State  
Family: Married to Matt Lonergan  
Previous Trials Qualifier: n.a.

**Best Performances:**

Best 5KM: 15:24 [CA 03/26/00] Best 10KM: 31:46 [MA 10/14/02]  
Best HMAR: 1:11:19 [PA 09/15/02] Best MARA: 2:27:10 [NY 11/03/02]

2000 Olympian 1500m (8th); 1999 Pan Am Games 1500m gold; 2001-03 USA 5000m champion 2003 USA 5K and 20K road champion, Masters in education of deaf-blind children; legally blind U.S. records 5000m indoors (15:05.48) and 20K (1:05:52)

**2003/04 Performances:**

Time	10Kequiv.	Race	Date	ST	Dist
1:05:52	[31:25]	New Haven / USA 20K Champs	09/01/03	CT	20K
48:40	[31:32]	Gate River Run / USA 15K Champs	03/08/03	FL	15K
15:25	[32:10]	Freihofer's/USA 5K Champs	05/31/03	NY	5K
2:30:28	[32:36]	Boston	04/21/03	MA	MAR
2:45:12	[35:24]	ING New York City	11/02/03	NY	MAR

\* *Note: at press time Marla had not entered.*



Victor Sailer / Photo Run

**Colleen De Reuck 2**

Nike  
Boulder, CO  
Age: 39 [04/13/64] 5' 5 105lbs  
Occupation: athlete/mom

Qualifying Time: 2:28:01 IL 10/12/03  
College: education '85, University of Port Elizabeth, RSA  
Family: Married to Darren, one child  
Previous Trials Qualifier: n.a.

**Best Performances:**

Best 5KM: 15:19 [TN 09/09/95] Best 10KM: 31:16 [GA 07/04/96]  
Best HMAR: 1:08:38 [RSA07/22/89] Best MARA: 2:26:35 [GER09/29/96]  
Best 10K/Tr: 31:56.0 [RSA 04/19/96]

2002 World XC bronze medal; 2002-03 USARC Grand Prix champion; 3-time Olympian - South Africa; won '96 Berlin Mara (PR) ; set world road records 10 mile (51:16) and 20K (1:05:11)-'98 9th 1992 Olympic Marathon; became U.S. citizen in Dec 2000.

**2003/04 Performances:**

Time	10Kequiv.	Race	Date	ST	Dist
1:05:53	[31:25]	New Haven / USA 20K Champs	09/01/03	CT	20K
1:10:00	[31:38]	Garry Bjorklund / USA Half-Mar	06/21/03	MN	HM
2:28:01	[31:39]	LaSalle Bank Chicago	10/12/03	IL	MAR
49:27	[32:03]	Gate River Run / USA 15K Champ	03/08/03	FL	15K
1:10:55	[32:03]	Halliburton Half-Mar	01/18/04	TX	HM

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



Victor Sailer / Photo Run

**Deeja Youngquist 3**

Saucony  
 Albuquerque, NM  
 Age: 27 [03/30/77] 5'10 120lbs  
 Occupation: project manager-FAA  
 Best Performances:

Qualifying Time: 2:29:01 IL 10/12/03  
 College: B.S. communications '99, Univ. of Washington  
 Family: single  
 Previous Trials Qualifier: n.a.

Best Performances:  
 Best 10KM: 33:37 [AL 11/08/03] Best 10K/Tr: 34:04.70 [1999]  
 Best HMAR: 1:12:51 [MN 06/21/03] Best MARA: 2:29:01 [IL 10/12/03]

2003/04 Performances:

Time	10Kequiv.	Race	Date	ST	Dist
2:29:01	[31:52]	LaSalle Bank Chicago	10/12/03	IL	MAR
1:08:47	[32:48]	New Haven / USA 20K Champs	09/01/03	CT	20K
1:12:51	[32:56]	Garry Bjorklund / USA Half-Mar	06/21/03	MN	HM
1:14:16	[33:34]	Halliburton Half-Mar	01/18/04	TX	HM
33:37	[33:37]	Food World Senior Bowl Charity	11/08/03	AL	10K

10th '03 Chicago Marathon-PR, 4th 2003 USA 20K Championship, '03 4th USA Half-Mara Champs & 2nd Great Cow Harbor 10K, Marathon debut at Chicago 2003 - 3rd fastest U.S. debut ever. Had breakthru year in 2003; top U.S. times and set many PRs.



Victor Sailer / Photo Run

**Blake Russell 4**

New Balance  
 Acton, MA  
 Age: 28 [07/24/75] 5' 4 110lbs  
 Occupation: physical therapist  
 Best Performances:

Qualifying Time: 2:30:41 MN 10/05/03  
 College: B.A. psych/B.A. exercise phys '97, North Carolina  
 Family: Married to Jonathan  
 Previous Trials Qualifier: n.a.

Best Performances:  
 Best 5KM: 15:43 [NY 06/03/00] Best 10KM: 33:07 [MA 10/14/02]  
 Best 10K/Tr: 32:11.94 05/02/03 Best MARA: 2:30:41 [MN 10/05/03]

2003/04 Performances:

Time	10Kequiv.	Race	Date	ST	Dist
2:30:41	[32:15]	Twin Cities Marathon	09/28/03	MN	MAR
15:43	[32:47]	Freihofer's/USA 5K Champs	05/31/03	NY	5K
38:05	[33:23]	SBLI Falmouth Road Race	08/10/03	MA	7M
16:06	[33:31]	Race for the Cure: Boston	09/07/03	MA	5K

'03 Twin Cities Marathon champ 3rd '03 USA 5K Championship  
 4th '03 USA 10,000m Champs; 7th '00 Olympic Trials 10,000m  
 Masters in physical therapy '00, Elon University  
 2:30:41 marathon debut at TCM - 4th fastest U.S. debut



Victor Sailer / Photo Run

**Milena Glusac 5**

adidas  
 Fallbrook, CA  
 Age: 28 [09/18/75] 5' 6 95lbs  
 Occupation: athlete  
 Best Performances:

Qualifying Time: 2:31:14 NY 11/03/02  
 College: B.A. psychology/Spanish '97 and M.A., Oregon  
 Family: single  
 Previous Trials Qualifier: n.a.

Best Performances:  
 Best 5KM: 16:09 [CA 04/01/01] Best 10KM: 32:18 [GA 07/04/01]  
 Best HMAR: 1:11:34 [GBR10/07/01] Best MARA: 2:31:14 [NY 11/03/02]  
 Best 10K/Tr: 32:15.09 CA 06/21/02

2003/04 Performances:

Time	10Kequiv.	Race	Date	ST	Dist
51:26	[33:20]	Gate River Run / USA 15K Champ	03/08/03	FL	15K
2:37:32	[34:07]	Boston	04/21/03	MA	MAR

'02 USA 10,000m runner-up-PR; 2001 USARC Grand Prix champion  
 '01 USA 20K, Half-Mara & 25K champ; 10th '00 World Half Champ  
 3rd '02 USA XC 8K Championship; World XC team medals '02-03  
 '01 USA Marathon Champs runner-up; Team Running USA member

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



Victor Sailer / Photo Run

**Magdalena Lewy 6**

Farm Team  
Oakland, CA  
Age: 30 [08/01/73] 5' 4 110lbs  
Occupation: researcher  
Best Performances:

Qualifying Time: 2:31:38 PA 05/04/03  
College: B.A. human biodynamics '97, UC-Berkeley  
Family: Married to Rich Boulet  
Previous Trials Qualifier: n.a.

Best 10K/Tr: 32:53.84 [CA 03/29/02] Best 10KM: 33:13 [NY 06/07/03]  
Best HMAR: 1:13:29 [CA 01/20/02] Best MARA: 2:31:38 [PA 05/04/03]

2nd '03 UPMC Pittsburgh Mara, '02 UPMC Pittsburgh Mara champ, 7th '03 USA 20K Champs  
'03 World Half-Mara Championship team; M.S. kinesiology '01, Cal State Hayward  
Born in Jastrzebie, Poland; became U.S. citizen Sept 11, 2001

2003/04 Performances:

Time	10Kequiv.	Race	Date	ST	Dist
2:31:38	[32:25]	Pittsburgh Marathon	05/04/03	PA	MAR
33:13	[33:13]	New York Mini Marathon	06/07/03	NY	10K
1:13:29	[33:13]	San Diego Marathon	01/18/04	CA	HM
55:32	[33:22]	California-10	01/11/04	CA	10M
51:43	[33:31]	Gate River Run / USA 15K Champ	03/08/03	FL	15K



Victor Sailer / Photo Run

**Jenny Spangler 7**

unattached  
Lake Villa, IL  
Age: 40 [07/20/63] 5' 3 105lbs  
Occupation: coach/mom  
Best Performances:

Qualifying Time: 2:32:39 IL 10/12/03  
College: B.S. computer science '86, Iowa  
Family: Married to Miki, two children  
Previous Trials Qualifier: '84, '88, '96, '00

Best 10K/Tr: 33:39.94 [06/00/83] Best 10KM: 35:50 [IL 10/29/00]  
Best HMAR: 1:13:48 [IL 10/02/94] Best MARA: 2:29:54 [SC 02/10/96]

1996 Olympic marathoner #1 U.S. Junior marathon - 2:33:52  
1996 U.S. Olympic Marathon Trials champion (2:29:54), PR  
Set U.S. masters marathon record (2:32:39) at Chicago 2003. MBA '91, Samford University

2003/04 Performances:

Time	10Kequiv.	Race	Date	ST	Dist
2:32:39	[32:38]	LaSalle Bank Chicago	10/12/03	IL	MAR
57:07	[34:19]	Park Forest Scenic 10	09/01/03	IL	10M
28:46	[36:32]	LaSalle Bank Shamrock Shuffle	03/23/03	IL	8K



Victor Sailer / Photo Run

**Sylvia Mosqueda 8**

unattached  
Los Angeles, CA  
Age: 37 [04/08/66] 5' 4 105lbs  
Occupation: athlete  
Best Performances:

Qualifying Time: 2:33:10 NY 11/02/03  
College: B.S. physical education '88, Cal State Los Angeles  
Family: single  
Previous Trials Qualifier: '88, '92

Best 5KM: 15:30 [NV 09/20/97] Best 10KM: 32:21 [CA 01/28/01]  
Best HMAR: 1:09:53 [TX 01/25/04] Best MARA: 2:33:10 [NY 11/02/03]  
Best 10K/Tr: 31:54.03 [CA 04/18/96]

4th 1992 Olympic Trials 10,000; 12th 2003 World Half-Marathon Championships (1:11:22)  
1988 NCAA 10,000m champion; 13th '03 ING New York City Mara (PR); '00 2nd USARC GP/3rd 01  
'87 Philly Distance Run champ (1:10:47); enjoys salsa dancing

2003/04 Performances:

Time	10Kequiv.	Race	Date	ST	Dist
1:11:22	[32:15]	IAAF World Championships	10/04/03	POR	HM
1:11:31	[32:20]	Halliburton Half-Mar	01/18/04	TX	HM
1:09:53	[32:23]	3M	01/25/04	TX	HM
53:58	[32:25]	Cherry Blossom 10 mile	04/06/03	DC	10M
2:33:10	[32:50]	ING New York City	11/02/03	NY	MAR

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



Victor Sailer / Photo Run

**Jill Boaz 9**

Aggie Running Club  
Los Osos, CA  
Age: 37 [01/21/67] 5' 1 105lbs  
Occupation: athlete  
Best Performances:

Qualifying Time: 2:34:54 FRA 08/31/03  
College: B.A. math '88, Boston College  
Family: Married to Steve, maiden name Gaitenby  
Previous Trials Qualifier: '00

Best 5KM: 17:28 [MA 07/00/98] Best 10KM: 35:03 [ME 08/02/03]  
Best HMAR: 1:15:23 [MA 03/17/02] Best MARA: 2:34:54 [FRA08/31/03]

2002 USA Marathon champion-TCM 9th '03 Boston Marathon; 3rd '02 USARC Grand Prix  
33rd World Championships Marathon (2:34:54), PR/top American  
39th @ 2000 Olympic Marathon Trials; did not run in high school or college; kitchen designer

2003/04 Performances:

Time	10Kequiv.	Race	Date	ST	Dist
2:34:54	[33:07]	IAAF Marathon World Championship	08/31/03	FRA	MAR
2:38:19	[34:18]	Boston	04/21/03	MA	MAR
35:03	[35:03]	Peoples Beach to Beacon 10K Road Race	08/02/03	ME	10K
1:20:01	[36:10]	Wine Country	04/07/03	CA	HM
41:18	[36:12]	SBLI Falmouth Road Race	08/10/03	MA	7M



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**Sara Wells 10**

ASICS/Team USA MN  
Edina, MN  
Age: 25 [03/19/79] 5' 4 105lbs  
Occupation: athlete/teacher  
Best Performances:

Qualifying Time: 2:35:37 MO 04/05/03  
College: B.S. psychology '01, Oklahoma State  
Family: single  
Previous Trials Qualifier: n.a.

Best 10K/Tr: 33:46.41 [2001] Best 10KM: 33:42 [AL 11/02/02]  
Best HMAR: Best MARA: 2:35:37 [MO 04/05/03]

'03 USA Marathon champion-PR, '03 2nd USARC Grand Prix, '03 WC Half team  
'03 World XC 8K bronze medal team member; 4th 2001 NCAA 10,000m; also All-American in cross country. Plans a medical career after running.

2003/04 Performances:

Time	10Kequiv.	Race	Date	ST	Dist
50:04	[32:27]	Gate River Run / USA 15K Champs	03/08/03	FL	15K
1:13:16	[33:07]	Garry Bjorklund / USA Half-Mar	06/21/03	MN	HM
1:09:34	[33:11]	New Haven / USA 20K Champs	09/01/03	CT	20K
2:35:37	[33:16]	Michelob Ultra USA Marathon Champs	04/05/03	MO	MAR
16:29	[34:19]	Race for Action 5K	06/15/03	MN	5K



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**Jeanne Hennessy 11**

Nike  
Mahopac, NY  
Age: 26 [11/14/77] 5'11 125lbs  
Occupation: athlete  
Best Performances:

Qualifying Time: 2:35:53 IL 10/13/02  
College: B.S. psychology '99, Villanova  
Family: single  
Previous Trials Qualifier: n.a.

Best 5KM: 16:39 [NY 06/01/02] Best 10KM: 33:22 [AL 03/23/02]  
Best HMAR: 1:16:13 [CA 01/19/03] Best MARA: 2:35:53 [IL 10/13/02]  
Best 10K/Tr: 33:23.20 CA 04/19/02

2002 USA 25K champion, 10th '02 Chicago Marathon-PR, 5th '02 USARC Grand Prix  
Only 3 yrs as a competitive runner; has 8 siblings; played starting goalie at Villanova.  
Excelled at basketball, lacrosse and soccer in high school.

2003/04 Performances:

Time	10Kequiv.	Race	Date	ST	Dist
52:41	[34:09]	Gate River Run / USA 15K Champs	03/08/03	FL	15K
1:16:13	[34:27]	San Diego Marathon	01/19/03	CA	HM
1:33:32	[35:13]	Fifth Third River/USA 25K Champs	05/10/03	MI	25K
1:15:28	[36:00]	New Haven / USA 20K Champs	09/01/03	CT	20K

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



courtesy of Brightroom.com

**Kelly Keane 12**

New Balance  
The Woodlands, TX  
Age: 31 [08/25/72] 5' 5 110lbs  
Occupation: runner/massage thpst  
Best Performances:

Qualifying Time: 2:36:26 RI 10/13/02  
College: B.S. sports management '95, UMass-Amherst  
Family: Married to Travis  
Previous Trials Qualifier: '00

Best 5KM: 16:33 [NH 10/05/02] Best 10KM: 34:36 [NY 09/21/02]  
Best HMAR: 1:13:06 [AZ 03/09/03] Best MARA: 2:36:26 [RI 10/13/02]

'03 World Champs marathon team '95 NCAA All-American 10,000m  
5th '02 Ocean State Marathon (PR); 5th '02 USA 20K Champs, 6th '03 Azalea Trail 10K  
'99 World Half-Mara team, competes in Ironman triathlons.

2003/04 Performances:

Time	10Kequiv.	Race	Date	ST	Dist
1:13:06	[33:02]	Valley of the Sun	03/09/03	AZ	HM
1:13:35	[33:16]	Halliburton Half-Mar	01/18/04	TX	HM
1:13:51	[34:09]	Motorola Half Marathon	02/15/04	TX	HM
1:16:36	[34:37]	St Jude Memphis	12/06/03	tn	HM
1:17:08	[35:56]	3M	02/02/03	TX	HM



Victor Sailer / Photo Run

**Susannah Beck 13**

New Balance  
Eugene, OR (currently in Nova Scotia)  
Age: 35 [05/01/68] 5' 4 110lbs  
Occupation: athlete/asst editor  
Best Performances:

Qualifying Time: 2:36:34 MN 09/29/02  
College: B.A. literature '91, Yale  
Family: Married to Erich Reed  
Previous Trials Qualifier: '00

Best 5KM: 16:30 [RI 10/16/94] Best 10KM: 33:31 [CAN04/20/97]  
Best HMAR: 1:13:03 [MN 06/21/03] Best MARA: 2:36:34 [MN 09/29/02]  
Best 10K/Tr: 33:02.79 [CA 04/18/98]

4th 2000 Olympic Mara Trials, '02 2nd USA Marathon Champs-PR, seven U.S. Ekiden teams  
1998 USA 12K champion; 3rd '00 USARC Grand Prix (tie), '01 World Champs Half team  
5th '86 Kinney XC Nat'ls; enjoys furniture making & gardening.

2003/04 Performances:

Time	10Kequiv.	Race	Date	ST	Dist
1:13:03	[33:01]	Garry Bjorklund / USA Half-Mar	06/21/03	MN	HM
34:45	[34:45]	Peoples Beach to Beacon 10K Road Race	08/02/03	ME	10K
16:49	[35:01]	Cigna Healthcare Corporate 5K	08/14/03	NH	5K
22:11	[35:31]	Bridgton Four on the Fourth	07/04/03	ME	4MI



Victor Sailer / Photo Run

**Linda Somers Smith 14**

Aggie Running Club  
San Luis Obispo, CA  
Age: 42 [05/07/61] 5' 4 107lbs  
Occupation: athlete/attorney  
Best Performances:

Qualifying Time: 2:37:14 FRA 08/31/03  
College: B.A. economics '83, UC Davis; J.D. '86, UC Davis  
Family: Married to Scott  
Previous Trials Qualifier: '84, '92, '96, '00

Best 5KM: 16:05 [CA 11/20/93] Best 10KM: 31:43 [PA 09/24/95]  
Best HMAR: 1:11:01 [JPN01/19/97] Best MARA: 2:30:06 [SC 02/10/96]  
Best 10K/Tr: 34:36.3 [1983]

2nd '96 Olympic Mara Trials-PR '93-94 USA Marathon champion  
7th '95 World Championships Marathon in Goteborg, Sweden  
Marathon wins: '94 Grandma's; '93 Cal Int'l & LB; '92 Chicago  
'03 World Champs mara team; top 40+ runner; born Bitburg, GER

2003/04 Performances:

Time	10Kequiv.	Race	Date	ST	Dist
2:37:14	[33:37]	IAAF Marathon World Championships	08/31/03	FRA	MAR
1:16:16	[34:28]	City to Sea Half Marathon	10/19/03	CA	HM
1:16:25	[34:32]	Big Sur Half Marathon Forrest	11/16/03	CA	HM
34:38	[34:38]	Heritage Oaks Bank 10K	09/28/03	CA	10K
1:17:27	[35:00]	New Bedford	03/16/03	MA	HMA

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



courtesy of Brightroom.com

**Tamara Lave 15**

unattached  
San Diego, CA  
Age: 35 [10/01/68] 5' 4 120lbs  
Occupation: lawyer  
Best Performances:

Best 5KM: 16:42 [CA 03/11/01]      Best 10KM: 35:10 [CA 03/15/03]  
Best HMAR: 1:14:23 [TX 01/25/04]      Best MARA: 2:37:32 [CA 12/08/02]  
Best 10K/Tr: 33:47.13 [2001]

Qualifying Time: 2:37:32a CA 12/08/02  
College: B.A. '90, Haverford  
Family: single  
Previous Trials Qualifier: '00

'03 World Champs marathon team, 4th '02 Cal Int'l Marathon-PR, Stanford Law School graduate  
19th 2000 Olympic Marathon Trials. Works as San Diego public defender.

2003/04 Performances:

Time	10Kequiv.	Race	Date	ST	Dist
1:15:56	[34:19]	Garry Bjorklund / USA Half-Mar	06/21/03	MN	HM
1:14:23	[34:28]	3M	01/25/04	TX	HM
35:10	[35:10]	St. Patrick's Day 10K	03/15/03	CA	10K
26:50	[35:13]	Union Tribune Dr. Seuss 8K	05/04/03	CA	8K



Victor Sailer / Photo Run

**Rachel Kinsman 16**

unattached  
Archbold, OH  
Age: 30 [03/16/74] 5' 3 110lbs  
Occupation: substitute teacher  
Best Performances:

Best 5KM: 16:25 [CA 12/15/96]      Best 10KM: 34:25 [KY 09/28/96]  
Best 10K/Tr: 32:36.91 [CA 05/03/02]      Best MARA: 2:37:51 [IL 10/12/03]

Qualifying Time: 2:37:51 IL 10/12/03  
College: B.S. health promotions '97, Auburn  
Family: Married to Michael, maiden name Sauder  
Previous Trials Qualifier: n.a.

7th '03 USA Half-Mara champs, 16th '03 Chicago Mara (debut), '00 Olympic Trials 5/10,000  
1995 NCAA 10,000 nat'l runner-up; '00 World Cross 8K bronze medal team member  
'95 7th World University Games 10,000m; Auburn coach '00-03

2003/04 Performances:

Time	10Kequiv.	Race	Date	ST	Dist
21:02	[33:41]	Steamboat Classic	06/07/03	IL	4MI
1:15:15	[34:02]	Jefferson Hosp. Philadelphia	09/14/03	PA	HMA
52:56	[34:18]	Gate River Run / USA 15K Champs	03/08/03	FL	15K
1:16:26	[34:33]	Halliburton Half-Mar	01/18/04	TX	HM



courtesy of ASI - www.asiorders.com

**Heather Hanscom 17**

unattached  
Alexandria, VA  
Age: 26 [11/16/77] 5' 8 130lbs  
Occupation: research assistant  
Best Performances:

Best 5KM: 17:11 [DC 10/21/01]  
Best 10K/Tr: 34:48.64 [PA 04/26/01]      Best MARA: 2:37:59 [DC 10/26/03]

Qualifying Time: 2:37:59 DC 10/26/03  
College: B.S. health science/pre-med, James Madison  
Family: single  
Previous Trials Qualifier: n.a.

Debuted & won '03 Marine Corps, 7th '03 Philly Distance Run HM; works for the Red Cross  
Coached by U.S. Olympian Matt Centrowitz; had brain tumor removed at age 14.

2003/04 Performances:

Time	10Kequiv.	Race	Date	ST	Dist
1:14:11	[33:33]	Jefferson Hospital Philadelphia	09/14/03	PA	HMA
2:37:59	[33:47]	28th Annual Marine Corps Marathon	10/26/03	DC	MAR
58:34	[35:11]	Cherry Blossom 10 mile	04/06/03	DC	10M
35:22	[35:22]	NYC Run to Liberty	08/31/03	NY	10K
59:20	[35:57]	George Washington Parkway Classic	04/27/03	VA	10M

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



Alison Wade / New York Road Runners

**Kim Fitchen-Young 18**

Nike  
 Santa Cruz, CA  
 Age: 35 [09/03/68] 5'10 120lbs  
 Occupation: athlete

Qualifying Time: 2:38:05 NY 11/03/02  
 College: B.S. pre-med '90, UC-Santa Barbara  
 Family: Married to Paul  
 Previous Trials Qualifier: n.a.

**Best Performances:**

Best 5KM: 16:30 [NY 06/05/99]      Best 10KM: 33:02 [CA 01/30/00]  
 Best HMAR: 1:12:32 [CA 01/20/02]      Best MARA: 2:38:05 [NY 11/03/02]  
 Best 10K/Tr: 32:14.64 [CA 04/20/01]

4th '01-02 USA 10,000m Champs; '99 USA Fall XC champion; 9th 2000 Olympic Trials 10,000m  
 2001 Goodwill Games 10,000m; 14th 2002 NY City Marathon (PR); '02 San Diego HM champ  
 Did not run in high school and college; enjoys the ocean.

**2003/04 Performances:**

Time	10Kequiv.	Race	Date	ST	Dist
2:39:39	[34:08]	LaSalle Bank Chicago	10/12/03	IL	MAR



Victor Sailer / Photo Run

**Chris Clark \***

unattached  
 Anchorage, AK  
 Age: 41 [10/10/62] 5' 5 110lbs  
 Occupation: pathologist

Qualifying Time: 2:38:19a AK 06/22/02  
 College: B.S. pre-med '84, Montana State  
 Family: Married to John, two children  
 Previous Trials Qualifier: '96,'00

**Best Performances:**

Best 5KM: 17:05      Best 10KM: 34:26 [AK 08/05/00]  
 Best HMAR: 1:23:00      Best MARA: 2:31:35 [AUS09/24/00]

2000 Olympic Marathon Trials champion; 19th 2000 Olympic Marathon  
 Set PR of 2:31:35 at Sydney Olympics; 3rd '99 USA Marathon Championship  
 M.D. '88, University of Washington  
 4-time Mayor's Midnight Sun Marathon winner (1995/'98-99/02)

**2003/04 Performances:**

Time	10Kequiv.	Race	Date	ST	Dist
(none submitted)					

\* *Note: at press time Chris had not entered.*



Alison Wade / New York Road Runners

**Jenny Crain 19**

WI Runner Racing Team  
 Eugene, OR  
 Age: 36 [02/12/68] 5' 8 125lbs  
 Occupation: consultant

Qualifying Time: 2:38:49 NY 11/02/03  
 College: B.S. communications '90, Ohio University  
 Family: single  
 Previous Trials Qualifier: '96,'00

**Best Performances:**

Best 5KM: 16:07 [NY 05/31/97]      Best 10KM: 33:16 [MA 10/14/03]  
 Best HMAR: 1:15:05 [PA 09/22/96]      Best MARA: 2:38:49 [NY 11/02/03]  
 Best 10K/Tr: 32:30.01 CA 04/18/98

5th '03 USA 10,000m Champs; 16th '03 ING NYC Marathon; 3rd '03 USA 10K Championship  
 6th '03 Pan Am Games 10,000m; 14th '00 Olympic Marathon Trials; 2nd '98 Columbus Marathon  
 '98 fastest U.S. 10,000m (32:30.01); '97 World HM Champs team

**2003/04 Performances:**

Time	10Kequiv.	Race	Date	ST	Dist
33:16	[33:18]	Tufts/USA 10K Champs	10/14/03	MA	10K
51:34	[33:25]	Gate River Run / USA 15K Champs	03/08/03	FL	15K
26:39	[33:50]	LaSalle Bank Shamrock Shuffle	03/23/03	IL	8K
1:11:12	[33:57]	New Haven / USA 20K Champs	09/01/03	CT	20K
2:38:49	[34:02]	ING New York City	11/02/03	NY	MAR

\* Marla Runyan and Chris Clark had not entered the Olympic Trials competition as of press time.

# U.S. Women's Olympic Marathon Trials History

Unlike the men, Olympic marathon team selection for U.S. women has always been determined at the Olympic Trials, a one-day final. The first U.S. Women's Olympic Marathon Trials was held on May 12, 1984 and hosted by Olympia, Washington. The past five Olympic Trials have produced exciting races and poignant stories from Joan Benoit's amazing victory in Olympia to the triumphant return of Margaret Groos in Pittsburgh to Janis Klecker's recovery from a fall in Houston to the shockers in Columbia with Jenny Spangler (1996) and Chris Clark (2000) to Lisa Weidenbach's (nee Larsen's) three heartbreaking fourth place finishes.

## 1984: Olympia, Washington, May 12

*Time standard = 2:51:16*

*267 Qualifiers, 238 Starters, 196 Finishers*

Despite knee surgery 17 days before the inaugural U.S. Women's Olympic Marathon Trials, Joan Benoit won the Trials in fittingly Olympia, Washington. The Freeport, Maine resident showed her mental toughness with a solid victory over Julie Brown and surprise third place finisher Julie Ispording. After the race, Benoit said, "I feel great right now." Eleven weeks later in Los Angeles, Benoit (now Samuelson) further etched her name in the history books by winning the first women's Olympic Marathon in 2:24:52, the Olympic record until 2000.

1)	Joan Benoit (ME)	2:31:04
2)	Julie Brown (OR)	2:31:41
3)	Julie Ispording (OH)	2:32:26
4)	Lisa Larsen (MI)	2:33:10
5)	Margaret Groos (VA)	2:33:38
6)	Janice Eittle (MN)	2:33:41
7)	Nancy Ditz (CA)	2:33:52
8)	Martha White (PA)	2:34:09
9)	Cathy Schiro (NH)	2:34:24
10)	Sue King (AL)	2:34:29
11)	Ellen Hart (CO)	2:35:04
12)	Carol Urish-McLatchie (TX)	2:35:09
13)	Martha Cooksey (OR)	2:35:42
14)	Jane Welzel (MA)	2:35:53
15)	Debbie Eide (OR)	2:36:06
16)	Patti Catalano (MA)	2:36:13

## 1988: Pittsburgh, Pennsylvania, May 1

*Time standard = 2:50:00*

*246 Qualifiers, 204 Starters, 159 Finishers*

After several years of injury and health and personal problems, Margaret Groos put it all together with an impressive run through the streets of Pittsburgh. Her 2:29:50, the current Trials record, outdistanced veteran Nancy Ditz and rising star Cathy O'Brien. Groos credited her Trials training program for the victory stating, "I've been preparing every day; not missing any workouts. I was prepared mentally. I knew that I was ready. I felt very good, in control, and I knew that I could run faster if needed."

1)	Margaret Groos (FL)	2:29:50	\$25,000
2)	Nancy Ditz (CA)	2:30:14	\$25,000
3)	Cathy O'Brien (NH)	2:30:18	\$25,000
4)	Lisa Weidenbach (WA)	2:31:06	\$15,000
5)	Kim Jones (WA)	2:32:16	\$10,000
6)	Debbie Raunig (MT)	2:32:36	\$9,000
7)	Maureen Custy-Roben (CO)	2:33:19	\$8,000
8)	Lynn Nelson (AZ)	2:33:31	\$7,000
9)	Julie Ispording (OH)	2:33:46	\$6,000
10)	Susan Marchiano (NV)	2:34:26	\$5,000
11)	Laurie Crisp (CA)	2:35:23	\$4,000
12)	Teresa Ornduff (VA)	2:35:37	\$3,000
13)	Jane Welzel (MA)	2:36:08	\$2,500
14)	Jennifer Colgrove (PA)	2:37:03	\$2,000
15)	Leatrice Hayer (MA)	2:37:13	\$1,500
16)	Maria Trujillo (CA)	2:37:28	\$1,400
17)	Gordon Bakoulis (NY)	2:37:44	\$1,300

*Olympic Marathon Trials results continued on next page*

## 2004 Selection Procedures U.S. Women

### for U.S. Olympic Team - Women's Marathon

*Women's Olympic Marathon*

*Athens, Greece, Sunday, August 22, 2004, 6pm*

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 WOMEN A = 2:37:00 B = 2:42:00

1. Only athletes who finish the U.S. Olympic Team Trials in St. Louis 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, she 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, she 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.asp](http://www.usatf.org/events/2004/OlympicGames/entry/selectionProcedures_marathon.asp)

### Top Ten U.S. Olympic Marathon Trials Times

2:29:50	Margaret Groos '88
2:29:54	Jenny Spangler '96
2:30:06	Linda Somers '96
2:30:12	Janis Klecker '92
2:30:14	Nancy Ditz '88
2:30:18	Cathy O'Brien '88
2:30:26	Cathy O'Brien '92
2:30:39	Francie Larrieu Smith '92
2:31:04	Joan Benoit '84
2:31:06	Lisa Weidenbach '88

# U.S. Women's Olympic Marathon Trials History

## 1992: Houston, Texas, January 26

*Time standard = 2:45:00*

*118 Qualifiers, 89 Starters, 65 Finishers*

Important events like the Olympic Trials bring out the best in athletes and this race was no exception. This Trials race, however, was particularly special for two reasons. One, at the 16 mile water station, 1988 Olympic marathoner Cathy O'Brien displayed true sportsmanship when she went back to help Janis Klecker who had accidentally fallen on the wet pavement. Klecker later passed O'Brien at 26 miles to win the race in 2:30:12, a PR. O'Brien whose hamstring tightened up, followed fourteen seconds later. Two, Texas resident Francie Larrieu Smith made her fifth U.S. Olympic team by placing third.

1) Janis Klecker (MN)	2:30:12	\$20,000
2) Cathy O'Brien (NH)	2:30:26	\$20,000
3) Francie Larrieu Smith (TX)	2:30:39	\$20,000
4) Lisa Weidenbach (WA)	2:33:32	\$5,000
5) Christine McNamara (CO)	2:34:35	\$4,000
6) Joy Smith (TX)	2:35:09	\$4,000
7) Maria Trujillo (TX)	2:35:10	\$2,000
8) Gordon Bloch (NY)	2:35:30	\$1,500
9) Jane Welzel (CO)	2:35:55	\$1,000
10) Janice Eittle (MN)	2:36:49	\$1,000
11) Lorraine Hochella (VA)	2:37:08	
12) Debbi Kilpatrick-Morris (OH)	2:39:07	
13) Julie Peterson (MA)	2:39:10	
14) Jennifer Martin (PA)	2:39:20	
15) Julie Isphording (OH)	2:39:47	
16) Linda Somers (CA)	2:39:50	

## 1996: Columbia, South Carolina, Feb. 10

*Time standard = 2:42:00 (A); 2:50:00 (B)*

*187 Qualifiers, 160 Starters, 129 Finishers*

With \$250,000 and 1996 U.S. Olympic team spots on the line, Jenny Spangler, who came to the Trials with the 61st fastest qualifying time, surprised the field and herself with a stunning victory in 2:29:54, nearly a four minute PR. With the fastest U.S. junior marathon time (2:33:52 run in 1983), Spangler showed promise, but injuries and disappointments prevented her from reaching her potential until that wonderful day in Columbia when everything came together for her. Two-time USA marathon champion, Linda Somers also ran well to finish second in 2:30:06, a PR. Anne Marie Lauck placed third (2:31:18) to earn the final U.S. Olympic marathon team berth.

1) Jenny Spangler (IL)	2:29:54	\$45,000
2) Linda Somers (CA)	2:30:06	\$40,000
3) Anne Marie Lauck (GA)	2:31:18	\$35,000
4) Gwyn Coogan (CO)	2:33:51	\$18,000
5) Kristy Johnston (CO)	2:34:21	\$16,000
6) Debbi Kilpatrick-Morris (OH)	2:34:52	\$14,000
7) Jeanne Peterson (NY)	2:35:19	\$13,000
8) Elaine Van Blunk (PA)	2:35:31	\$12,000
9) Lynn Nelson (CO)	2:35:34	\$11,000
10) Lisa Knoblich (CT)	2:36:05	\$10,000
11) Bonnie McReynolds (TN)	2:36:15	\$7,500

12) Jennifer Martin (PA)	2:36:26	\$6,500
13) Joan Samuelson (ME)	2:36:54	\$5,500
14) Julia Kirtland (ME)	2:37:53	\$4,500
15) Lorraine Hochella (VA)	2:38:21	\$3,500

## 2000: Columbia, South Carolina, Feb. 26

*Time standard = 2:42:00 (A); 2:50:00 (B)*

*210 Qualifiers, 170 Starters, 141 Finishers*

In Columbia, Chris Clark outdid past Trials winners Jenny Spangler and Mark Conover by shocking everybody and herself with her impressive victory on a tough course and a warm day.

The 22nd fastest qualifier, Clark, 37, from Anchorage, Alaska, took control of race at the 20 mile mark as she overtook leader Ann Marie Lauck. The Montana State grad went unchallenged to the tape in 2:33:31, followed by Kristy Johnston in second (2:35:36) and Lauck third in 2:36:05. Clark was the only U.S. woman to qualify for the Olympics because she did not have an Olympic "A" standard (sub-2:33).

"My expectations were top 20, and a great day would be top 10. Winning I never thought about. I stayed focused on what I needed to do. I never thought I'd run this fast. The crowd was unbelievable the whole way. I'm in shock," said the pathologist and mother of two who trained on a treadmill in her house for the Trials.

Despite the 70 degree temperatures at Columbia, 16 women set personal records including Clark who improved her PR by 7:07. In addition, four women - Julie Peterson, Bev Docherty, Jane Welzel and Janice Eittle - became five-time U.S. Olympic Marathon Trials finishers.

1) Chris Clark (AK)	2:33:31	\$45,000*
2) Kristy Johnston (WV)	2:35:36	\$30,000
3) Anne Marie Lauck (NJ)	2:36:05	\$25,000
4) Susannah Beck (OR)	2:36:46	\$18,000
5) Liz Wilson (OR)	2:37:27	\$16,000
6) Ann Schaefers-Coles (IL)	2:38:47	\$14,000
7) Kim Pawelek (FL)	2:39:16	\$13,000
8) Libbie Hickman (CO)	2:39:57	\$12,000
9) Joan Samuelson (ME)	2:39:59	\$11,000
10) Jennifer Tonkin (WA)	2:40:31	\$10,000
11) Jacquie Merritt (PA)	2:41:44	\$7,500
12) Maria Trujillo de Rios (CA)	2:42:10	\$6,500
13) Christine McNamara (CO)	2:42:12	\$5,500
14) Jenny Crain (WI)	2:42:12	\$4,500
15) Rachel Hopkins Cook (GA)	2:43:12	\$3,500
16) Rosa Gutierrez (CA)	2:43:33	\$2,500
17) Kelly Keeler (MN)	2:43:33	\$2,000
18) Michelle LaFleur (GA)	2:43:36	\$1,750
19) Tamara Lave (CA)	2:43:38	\$1,250
20) Kim Kauls (MN)	2:43:52	\$1,000

\*Includes an extra \$10,000 for participating in the Olympic Marathon where Clark finished 19th in a personal record (2:31:35).

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

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

*Qualifiers TBA; window: Jan 1, 2002 - March 5, 2004 & Nov 4, 2001*

# Women's Olympic Marathon History: 1984 - 2000

## Medalists & U.S. Results

### 1984 Los Angeles, United States

August 5, point-to-point course

Competitors: 50, Finishers: 44

Nations: 28

WB: 2:22:43 (Joan Benoit)

- 1) Joan Benoit USA 2:24:52\*
  - 2) Grete Waitz NOR 2:26:18
  - 3) Rosa Mota POR 2:26:57
  - 36) Julie Brown USA 2:47:33
  - Julie Ispording USA DNF
- \* Olympic Record

### 1988 Seoul, South Korea

September 23

Competitors: 69, Finishers: 64

Nations: 39

WB: 2:21:06 (Ingrid Kristiansen)

- 1) Rosa Mota POR 2:25:40
- 2) Lisa Martin AUS 2:25:53
- 3) Katrin Dorre GDR 2:26:21
- 17) Nancy Ditz USA 2:33:42
- 39) Margaret Groos USA 2:40:59
- 40) Cathy O'Brien USA 2:41:04

### 1992 Barcelona, Spain

August 1, point-to-point course

Competitors: 47, Finishers: 37

Nations: 31

WB: 2:21:06 (Ingrid Kristiansen)

- 1) Valentina Yegorova RUS 2:32:41
- 2) Yuko Arimori JPN 2:32:49
- 3) Lorraine Moller NZL 2:33:59
- 10) Cathy O'Brien USA 2:39:42
- 12) Francie Larrieu Smith USA 2:41:09
- 21) Janis Klecker USA 2:47:17

### 1996 Atlanta, United States

July 28

Competitors: 86, Finishers: 65

Nations: 51

WB: 2:21:06 (Ingrid Kristiansen)

- 1) Fatuma Roba ETH 2:26:05
- 2) Valentina Yegorova RUS 2:28:05
- 3) Yuko Arimori JPN 2:28:39
- 10) Anne Marie Lauck USA 2:31:30
- 31) Linda Somers USA 2:36:58
- Jenny Spangler USA DNF

### 2000 Sydney, Australia

September 24, pt-to-pt course

Competitors: 54, Finishers: 45, Nations: 36

WB: 2:20:43 (Tegla Loroupe)

- 1) Naoko Takahashi JPN 2:23:14\*
  - 2) Lidia Simon ROM 2:23:22
  - 3) Joyce Chepchumba KEN 2:24:45
  - 19) Chris Clark USA 2:31:35
- \* Olympic Record

The USA could send only one competitor since Clark had no times better than or equal to the Olympic "A" standard.

## Women's Olympic Marathon Medals by Nations

Total = 15 medals overall

	Gold	Silver	Bronze	Tot
JPN	1	1	1	3
POR	1	0	1	2
RUS	1	1	0	2
USA	1	0	0	1
ETH	1	0	0	1
NOR	0	1	0	1
AUS	0	1	0	1
ROM	0	1	0	1
GDR	0	0	1	1
NZL	0	0	1	1
KEN	0	0	1	1

## Olympic Marathon Stats for U.S. Women's Team

### Best U.S. Team Combined Finish

43 in 1992 (10 + 12 + 21)  
third team overall

### Youngest and Oldest U.S. Medalist

Joan Benoit (1984)  
27 years, 82 days

### Oldest U.S. Competitor in Olympic Marathon

Francie Larrieu Smith (1992)  
39 years, 304 days

### Multiple Appearances on U.S. Olympic Marathon Team

2: Cathy O'Brien

## Top Olympic Marathon Times by U.S. Women

Time	(Plc)	Athlete (Year)
2:24:52	(1)	Joan Benoit (1984)
2:31:30	(10)	Anne Marie Lauck (1996)
2:31:35	(19)	Chris Clark (2000)
2:33:42	(17)	Nancy Ditz (1988)
2:36:58	(31)	Linda Somers (1996)
2:39:42	(10)	Cathy O'Brien (1992)
2:40:59	(39)	Margaret Groos (1988)
2:41:04	(40)	Cathy O'Brien (1988)
2:41:09	(12)	Francie Larrieu Smith (92)
2:47:17	(21)	Janis Klecker (1992)

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# USA Women's Marathon Championship Stats and Trivia

## The Champions

total = 27

**Multiple winners** = Julie Brown ('76/'83), Janis Klecker ('87/'92) and Linda Somers ('93-94)

**Only champion to win consecutive titles** = Linda Somers ('93-94)

**Fastest championship time** = 2:26:26 by Julie Brown in 1983 (photo below)

**Youngest champion** = Kim Merritt (20 years, 160 days) in 1975

**Oldest champion** = Jill Gaitenby (35 years, 251 days) in 2002; Jane Welzel (35 years, 60 days) in 1990



Julie Brown after 1983 Avon International

## The Championships

**Number of championships** = 31 (including this one)

**Multiple host same race** = Columbia (4) and California Int'l (4), Grandma's (3), Houston (3) and New York City (3) and Twin Cities (3)

**States with the most championships** = California (10), Minnesota (7) and South Carolina (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

## The First

1974 - Judy Ikenberry, a 31-year-old housewife from Crestline, Calif., ran 2:55:18 to win the first national marathon

championship at the West Valley Marathon in San Mateo, Calif. For the first time in a marathon, three women broke three hours. *See story on page 18.*

## Fastest Ever

1983 - In Los Angeles, Julie Brown won the Avon Int'l and U.S. title in 2:26:26, still the fastest national championship time ever run (photo below left). Brown, a two-time Olympian, also was the first woman to win more than one U.S. marathon title.

## Good Samaritan Award

1992 - At the U.S. Olympic Trials in Houston, Janis Klecker accidentally fell on the wet pavement at the 16 mile water station and 1988 Olympic marathoner Cathy O'Brien displayed true sportsmanship when she went back to help Klecker who later passed O'Brien at 26 miles to win the race in 2:30:12, a PR. O'Brien - whose hamstring later tightened up - followed fourteen seconds later and earned a spot on her second Olympic team.

## Repeat after Me

1994 - At Grandma's Marathon, Linda Somers became the first and only woman to repeat as national marathon champion; the year before, she won the U.S. title at Cal Int'l.

## Out of the Blue

1996 - At Columbia, South Carolina, with \$250,000 and U.S. Olympic team spots on the line, Jenny Spangler, who came to the Trials with the 61st fastest qualifying time, surprised the field and herself with a stunning victory in 2:29:54, nearly a three minute PR.

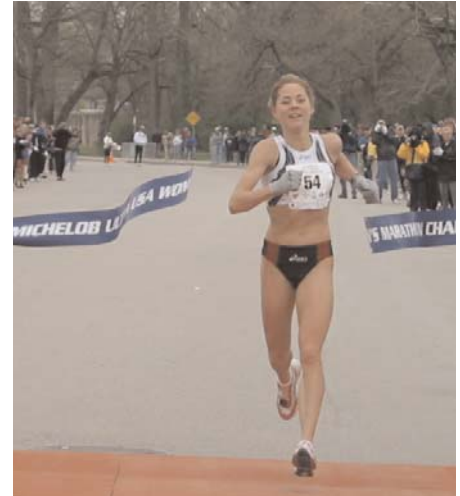
## Lightning Strikes Again

2000 - Also in Columbia, Chris Clark, a pathologist from Anchorage, Alaska, joined past "surprise" Trials winners Jenny Spangler and Mark Conover with her upset victory on a tough course under sunny skies and warm temperatures. The 22nd fastest qualifier took control of race at the 20 mile mark and went unchallenged to the tape in 2:33:31, more than a 7 minute PR.

## Drossin's Delightful Debut

2001 - Deena Drossin, one of America's distance stars and a 2000 U.S. Olympian, debuted at the New York City Marathon

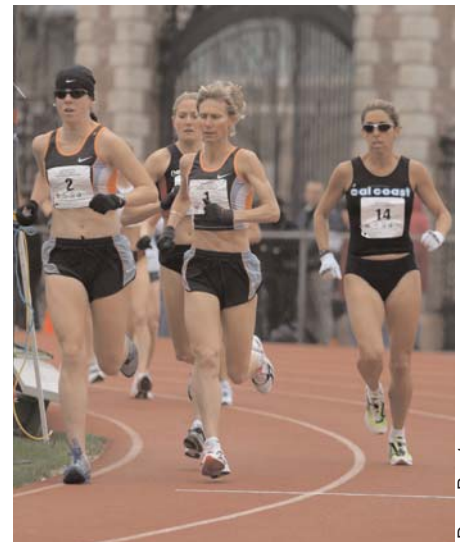
with an impressive 2:26:58 - the fastest U.S. female debut and 4th fastest American all-time. Drossin, a member of Team USA California, finished 7th overall against a top international field. *See photo of top 3 Americans, page 4.*



Sara Wells hopes that course familiarity will pay off with another strong finish this year.

## Wells Wonderful Win

2003 - In her marathon debut, rising star Sara Wells of Edina, Minn. came to St. Louis to qualify for the 2004 Olympic Marathon Trials; she left the Gateway City as the surprise national champion. During the 25th mile, the Team USA Minnesota athlete overtook veteran Colleen De Reuck who had control of the race until the windy, cold conditions got the best of her. Wells, 24, won her first U.S. title in 2:35:37 with the hypothermia-suffering De Reuck second (2:37:41).



Hennessy, De Reuck and Flathers on the start track (Francis Field) in St. Louis in 2003.

# USA Women's Marathon Championship Winners 1974 - 2003

Year	Champion	Time	Race	Date
1974	Judy Ikenberry	2:55:18	West Valley, San Mateo, CA	02/10
1975	Kim Merritt	2:46:15	New York City, NY	09/28
1976	Julie Brown	2:45:33	Western Hemisphere, Culver City, CA	12/05
1977	Leal-Ann Reinhart	2:46:34	Minneapolis, MN	10/23
1978	Marty Cooksey	2:41:49	New York City, NY	10/22
1979	Susan Petersen	2:46:17 #	Houston, TX	01/20
1980	Susan Munday	2:43:17 #	Paul Masson, Cupertino, CA	01/27
1981	Nancy Conz	2:36:46	Avon Int'l, Ottawa, CAN	08/23
1982	Laurie Binder	2:39:46	Avon Int'l San Francisco, CA	06/06
1983	Julie Brown	2:26:26 +	Avon Int'l Los Angeles, CA	06/05
1984	Katy Schilly	2:32:40	California Int'l, Sacramento, CA	12/02
1985	Nancy Ditz	2:31:36	California Int'l, Sacramento, CA	12/08
1986	Kim Rosenquist	2:32:31	Twin Cities, Minneapolis/St. Paul, MN	10/12
1987	Janis Klecker	2:36:12	Grandma's, Duluth, MN	06/20
1988	Margaret Groos	2:29:50	U.S. Olympic Trials: Pittsburgh, PA	05/01
1989	Nan Doak-Davis	2:33:11	California Int'l, Sacramento, CA	12/03
1990	Jane Welzel	2:33:25	Grandma's, Duluth, MN	06/23
1991	Maria Trujillo	2:35:39	Long Beach, CA	05/05
1992	Janis Klecker	2:30:12	U.S. Olympic Trials: Houston, TX	01/26
1993	Linda Somers	2:34:11	California Int'l, Sacramento, CA	12/05
1994	Linda Somers	2:33:42	Grandma's, Duluth, MN	06/18
1995	Debbi Kilpatrick-Morris	2:34:42	USA Championship, Columbia, SC	02/11
1996	Jenny Spangler	2:29:54	U.S. Olympic Trials: Columbia, SC	02/10
1997	Julia Kirtland	2:37:46	Carolina Marathon, Columbia, SC	02/08
1998	Gwyn Coogan	2:33:37	Methodist Health Care Houston Marathon, TX	01/18
1999	Kim Pawelek	2:37:56	Twin Cities, Minneapolis/St. Paul, MN	10/03
2000	Chris Clark	2:33:31	U.S. Olympic Trials: Columbia, SC	02/26
2001	Deena Drossin	2:26:58	New York City, NY	11/04
2002	Jill Gaitenby	2:36:10	Twin Cities, Minneapolis/St. Paul, MN	09/29
2003	Sara Wells	2:35:37	Michelob Ultra USA Championship, St. Louis, MO	04/05

+ USA Championship Record; # short course

## Top Ten Championship Performances

1)	Julie Brown	2:26:26	Avon Int'l, Los Angeles, 1983
2)	Deena Drossin	2:26:58	New York City, 2001
3)	Margaret Groos	2:29:50	U.S. Olympic Marathon Trials, 1988
4)	Jenny Spangler	2:29:54	U.S. Olympic Marathon Trials, 1996
5)	Linda Somers	2:30:06	U.S. Olympic Marathon Trials, 1996
6)	Janis Klecker	2:30:12	U.S. Olympic Marathon Trials, 1992
7)	Nancy Ditz	2:30:14	U.S. Olympic Marathon Trials, 1988
8)	Cathy O'Brien	2:30:18	U.S. Olympic Marathon Trials, 1988
9)	Cathy O'Brien	2:30:26	U.S. Olympic Marathon Trials, 1992
10)	Francie Larrieu Smith	2:30:39	U.S. Olympic Marathon Trials, 1992

Source for most information in this publication: USATF Road Running Information Center

## First USA Women's Marathon Championship

At the first USA Marathon Championship hosted by the West Valley Marathon in San Mateo, California, Judy Ikenberry, a 31-year-old housewife from Crestline, California, took over the lead after ten miles (1:04:51) and went unchallenged to the tape to win the national crown in 2:55:18. Ikenberry - who now runs a timing company (Race Central) with her husband, Dennis, pulled two other women (Marilyn Paul and Peggy Lyman) under three hours; for the first time in a marathon, three women broke three hours.

### USA Women's Marathon Championship (AAU) hosted by West Valley Marathon

*San Mateo, CA, February 10, 1974*

*Five loop course; mid-60s*

1)	Judy Ikenberry, 31, CA	2:55:18
2)	Marilyn Paul, 36, OR	2:58:45
3)	Peggy Lyman, 26, CA	2:58:56
4)	Mary Etta Boitano, 10, CA	3:01:16
5)	Nina Kuscsik, 35, NY	3:04:12
6)	Lucy Bunz, 27, CA	3:05:08
7)	Marjorie Kaput, 15, AZ	3:07:47
8)	Jan Arnez, 23, MN	3:08:21
9)	Irene Rudolf, 32, CA	3:12:21
10)	Jenny Taylor, 26, MA	3:12:28



Action Sports International

Jill Gaitenby (now Boaz) has the distinction of being the oldest marathon champion (35 yrs, 251 days on September 29, 2002 at Twin Cities).

# Women's Marathon Records (as of December 31, 2003)

## Key to Codes:

O = Open Record  
 R = Ratified Record or Best  
 A = Age Group Record  
 W = Women's-only Event

AC = All-Comer's Record (fastest time on U.S. soil, only listed if faster than U.S. citizen 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" but not eligible for record

## U.S. Single Age, Open and Age Group Records

SEX	AGE	TIME	ATHLETE	BIRTHDATE	HOMETOWN	EVENT NAME	ST/C	RACE DATE
F	16	2:34:24	AR CATHY SCHIRO	7/19/1967	DOVER, NH	OLYMPIC TRIALS: OLYMPIA	WA	5/12/1984
F	19*	2:33:52a	BR* JENNY SPANGLER	7/20/1963	ROCKFORD, IL	GRANDMA'S	MN	6/11/1983
F	23	2:29:38	CATHY O'BRIEN	7/19/1967	DURHAM, NH	CITY OF LOS ANGELES	CA	3/3/1991
F	24	2:30:26	CATHY O'BRIEN	7/19/1967	DURHAM, NH	OLYMPIC TRIALS: HOUSTON	TX	1/26/1992
F	25	2:26:11	JOAN BENOIT	5/16/1957	WATERTOWN, MA	NIKE-OTC	OR	9/12/1982
F	26	2:29:01	DEEJA YOUNGQUIST	3/3/1977	ALBUQUERQUE, NM	LASALLE BANK CHICAGO	IL	10/12/2003
F	27	2:28:15	LISA WEIDENBACH	12/13/1961	ISSAQUAH, WA	OLD STYLE CHICAGO	IL	10/29/1989
F	27	2:24:52a	BRW JOAN BENOIT	5/16/1957	FREEPORT, ME	OLYMPICS: LOS ANGELES	CA	8/5/1984
F	28	2:21:21	JOAN BENOIT	5/16/1957	FREEPORT, ME	AMERICA'S	IL	10/20/1985
F	29	2:26:53	DEENA DROSSIN	2/14/1973	MAMMOTH LAKES, CA	LASALLE BANK CHICAGO	IL	10/13/2002
F	30	2:21:16	OR DEENA DROSSIN	2/14/1973	MAMMOTH LAKES, CA	FLORA LONDON	GBR	4/13/2003
F	31	2:30:12	JANIS KLECKER	7/18/1960	MINNETONKA, MN	OLYMPIC TRIALS: HOUSTON	TX	1/26/1992
F	32	2:29:54	JENNY SPANGLER	7/20/1963	GURNEE, IL	OLYMPIC TRIALS: COLUMBIA	SC	2/10/1996
F	33	2:27:10	ORW MARLA RUNYAN	1/4/1969	EUGENE, OR	NEW YORK CITY	NY	11/3/2002
F	34	2:28:34	LIBBIE HICKMAN	2/17/1965	FT. COLLINS, CO	LASALLE BANKS CHICAGO	IL	10/24/1999
F	35	2:32:09	LIBBIE HICKMAN	2/17/1965	FT. COLLINS, CO	LASALLE BANK CHICAGO	IL	10/22/2000
F	36	2:35:55	JANE WELZEL	4/24/1955	FT. COLLINS, CO	OLYMPIC TRIALS: HOUSTON	TX	1/26/1992
F	37	2:28:01	FRANCIE LARRIEU SMITH	11/23/1952	DALLAS, TX	LONDON	GBR	4/22/1990
F	38	2:27:35	FRANCIE LARRIEU SMITH	11/23/1952	DALLAS, TX	IAAF WORLD CUP: LONDON	GBR	4/21/1991
F	39	2:28:01	COLLEEN DE REUCK	4/13/1964	BOULDER, CO	LASALLE BANK CHICAGO	IL	10/12/2003
F	40	2:32:39	AR JENNY SPANGLER	7/20/1963	GURNEE, IL	LASALLE BANK CHICAGO	IL	10/12/2003
F	41	2:37:51	MARY KNISELY	5/29/1959	NAPERVILLE, IL	LASALLE BANK CHICAGO	IL	10/22/2000
F	42	2:37:14	LINDA SOMERS SMITH	5/7/1961	SAN LUIS OBISPO, CA	WORLD CHAMPIONSHIPS	FRA	8/31/2003
F	43	2:39:52	Laurie Binder	8/10/1947	OAKLAND, CA	TWIN CITIES	MN	10/14/1990
F	44	2:35:08	Laurie Binder	8/10/1947	OAKLAND, CA	TWIN CITIES	MN	10/6/1991
F	45	2:42:28	AR JOAN BENOIT SAMUELSON	5/16/1957	FREEPORT, ME	LASALLE BANK CHICAGO	IL	10/13/2002
F	46	2:53:01	MARY WOOD	3/13/1945	MONTROSE, CO	OLYMPIC TRIALS: HOUSTON	TX	1/26/1992
F	50	2:50:26	AR SHIRLEY MATSON	11/7/1940	MORAGA, CA	TWIN CITIES	MN	10/6/1991
F	55	2:52:14	AR S. RAE BAYMILLER	7/27/1943	NEW YORK, NY	LASALLE BANKS CHICAGO	IL	10/11/1998
F	60	3:14:50	AR BARBARA MILLER	8/7/1939	MODESTO, CA	ROCKET CITY	AL	12/11/1999
F	60	3:11:57a	BR BARBARA MILLER	8/7/1939	MODESTO, CA	BOSTON	MA	4/17/2000
F	65	3:36:57	AR WHAYONG SEMER	10/9/1928	FREMONT, OH	COLUMBUS	OH	10/24/1993
F	70	4:01:52	AR WHAYONG SEMER	10/9/1928	FREMONT, OH	LASALLE BANKS CHICAGO	IL	10/11/1998
F	70	3:54:14a	BR MYRA RHODES	7/16/1932	SACRAMENTO, CA	CALIFORNIA INTERNATIONAL	CA	12/8/2002
F	76	4:31:05a	BR HELEN KLEIN	11/27/1922	RANCHO CORDOVA, CA	CALIFORNIA INTERNATIONAL	CA	12/6/1998
F	79	4:38:12	AR HELEN KLEIN	11/27/1922	RANCHO CORDOVA, CA	OKLAHOMA CITY MEMORIAL	OK	4/28/2002
F	80	4:53:03	P AP HELEN KLEIN	11/27/1922	RANCHO CORDOVA, CA	CELLCOM GREEN BAY	WI	5/18/2003
F	80	5:10:04	AR IDA MINTZ	10/15/1905	GLENCOE, IL	AMERICA'S	IL	10/20/1985
F	80	4:31:33a	BR HELEN KLEIN	11/27/1922	RANCHO CORDOVA, CA	CALIFORNIA INTERNATIONAL	CA	12/8/2002
F	85	6:53:50	AR IDA MINTZ	10/15/1905	GLENCOE, IL	OLD STYLE CHICAGO	IL	10/28/1990
F	90	8:53:08	AR MAVIS LINDGREN	4/2/1907	ORLEANS, CA	PORTLAND	OR	9/28/1997

\* Note that the 'best' performance above by Jenny Spangler does not conform to current USATF rules for Junior Records or Bests since Spangler turned 20 later in the same calendar year. At the time the performance was run it did comply with USATF (formerly TAC) LDR standards and procedures which defined a Junior as someone who is 19 or younger on the day of competition.

## All-Comer's Record

F	AC	2:17:18	AR PAULA RADCLIFFE (GBR)	12/17/1973	ENGLAND	LASALLE BANK CHICAGO	IL	10/13/2002
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## All-Comer's Record - Women's-Only

F	AC	2:22:31	P APW MARGARET OKAYO (KEN)	5/30/1976	KENYA	ING NEW YORK CITY	NY	11/2/2003
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## Masters All-Comer's Record and Best

F	AC	2:28:06	AP IRINA BOGACHEVA (KGZ)	4/30/1961	KYRGYZSTAN	COUNTRY MUSIC	TN	4/26/2003
F	AC	2:27:05a	P BP FIRAYA SULTANOVA (RUS)	4/29/1961	RUSSIA	GRANDMA'S	MN	6/21/2003

## World Record

F	WR	2:15:25	WR PAULA RADCLIFFE (GBR)	12/17/1973	LOUGHBOROUGH, ENGLAND	FLORA LONDON	GBR	4/13/2003
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## Course Record (U.S. Olympic Trials Course - St. Louis, MO)

F	CR	2:35:37	CR SARA WELLS	3/19/1979	EDINA, MN	MICHELOB ULTRA USA CHAMPIONSHIP	MO	4/05/2003
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## U.S. Women's Olympic Trials Event Record

F	ER	2:29:50	ER MARGARET GROOS	9/21/1959	TALLAHASSEE, FL	U.S. OLYMPIC TRIALS: PITTSBURGH	PA	5/01/1988
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# 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 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.

## Women's World Progression since 1974

2:43:55	Jacqueline Hansen (USA)	CulverCity, CA	1-Dec-74
2:42:24*	Liane Winter (FRG)	Boston, MA	21-Apr-75
2:40:16	Christa Vahlensieck (FRG)	Dulmen, FRG	3-May-75
2:38:19	Jacqueline Hansen (USA)	Eugene, OR	12-Oct-75
2:35:16	Chantal Langlace (FRA)	Oyarzun, ESP	1-May-77
2:34:48	Christa Vahlensieck (FRG)	W.Berlin, FRG	10-Sep-77
2:32:30*	Grete Waitz (NOR)	New York, NY	22-Oct-78
2:27:33*	Grete Waitz (NOR)	New York, NY	21-Oct-79
2:25:42*	Grete Waitz (NOR)	New York, NY	26-Oct-80
2:25:29*	Grete Waitz (NOR)	London, GBR	17-Apr-83
2:22:43*	Joan Benoit (USA)	Boston, MA	18-Apr-83
2:21:06	Ingrid Kristiansen (NOR)	London, GBR	21-Apr-85
2:20:47	Tegla Loroupe (KEN)	Rotterdam, NED	19-Apr-98
2:20:43	Tegla Loroupe (KEN)	Berlin, GER	26-Sep-99
2:19:46	Naoko Takahashi (JPN)	Berlin, GER	30-Sep-01
2:18:47	Catherine Ndereba (KEN)	Chicago, IL	7-Oct-01
2:17:18	Paula Radcliffe (GBR)	Chicago, IL	13-Oct-02
2:15:25	Paula Radcliffe (GBR)	London, GBR	13-Apr-03

## Women's-Only World Progression

2:26:26*	Julie Brown (USA)	Los Angeles, CA	5-Jun-83
2:24:52*	Joan Benoit (USA)	Los Angeles, CA	5-Aug-84
2:23:51	Lisa Ondieki (AUS)	Osaka, JPN	31-Jan-88
2:21:47*	Naoko Takahashi (JPN)	Bangkok, THA	6-Dec-98
2:18:56	Paula Radcliffe (GBR)	London, GBR	14-Apr-02

## U.S. Women's Progression

3:21:40*	Roberta Gibb	Boston, MA	19-Apr-66
3:21:19	Sara Berman	Atlantic City	28-Sep-69
3:02:53	Caroline Walker	Seaside, OR	28-Feb-70
3:01:42	Elizabeth Bonner	Philadelphia, PA	9-May-71
2:55:22	Elizabeth Bonner	New York, NY	19-Sep-71
2:49:40	Cheryl Bridges	Culver City, CA	5-Dec-71
2:46:36	Michiko Gorman	Culver City, CA	2-Dec-73
2:43:55	Jacqueline Hansen	Culver City, CA	1-Dec-74
2:38:19	Jacqueline Hansen	Eugene, OR	12-Oct-75
2:37:57	Kim Merritt	Eugene, OR	11-Sep-77
2:36:24	Julie Brown	Eugene, OR	10-Sep-78
2:35:16*	Joan Benoit	Boston, MA	16-Apr-79
2:31:23*	Joan Benoit	Auckland, NZL	3-Feb-80
2:30:58	Patti Catalano	Montreal, CAN	6-Sep-80
2:29:33*	Patti Catalano	New York, NY	26-Oct-80
2:27:52*	Patti Catalano	Boston, MA	20-Apr-81
2:26:11	Joan Benoit	Eugene, OR	12-Sep-82
2:22:43*	Joan Benoit	Boston, MA	18-Apr-83
2:21:21	Joan Benoit Samuelson	Chicago, IL	20-Oct-85
2:21:16	Deena Drossin	London, GBR	13-Apr-03

## Women's Olympic Record Progression

2:24:52*	Joan Benoit (USA)	Los Angeles, CA	5-Aug-84
2:23:14*	Naoko Takahashi (JPN)	Sydney, AUS	24-Sep-00

## U.S. Women's Olympic Trials Record Progression

2:31:04	Joan Benoit	Olympia, WA	12-May-84
2:29:50	Margaret Groos	Pittsburgh, PA	1-May-88

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

# Women's Marathon Rankings

## All-Time Rankings: World Females

Time	PL	Name	CTZ	Race/Location	Date
2:15:25	1	Paula Radcliffe	GBR	Flora London, GBR	04/13/03
2:17:18	1	Radcliffe (2)	GBR	LaSalle Bank Chicago, IL, USA	10/13/02
2:18:47	1	Catherine Ndereba	KEN	LaSalle Bank Chicago, IL, USA	10/07/01
2:18:56	1	Radcliffe (3)	GBR	Flora London, GBR	04/14/02
2:19:26	2	Ndereba (2)	KEN	LaSalle Bank Chicago, IL, USA	10/13/02
2:19:39	1	Sun Yingjie	CHN	Beijing, CHN	10/19/03
2:19:46	1	Naoko Takahashi	JPN	real Berlin, GER	09/30/01
2:19:55	2	Ndereba (3)	KEN	Flora London, GBR	04/13/03
2:20:23	1	Wei Yanan	CHN	Beijing, CHN	10/20/02
2:20:43	1	Tegla Loroupe	KEN	Alberto Berlin, GER	09/26/99
--10--					
2:20:43a	1	Margaret Okayo	KEN	Boston, MA, USA	04/15/02
2:20:47	1	Loroupe (2)	KEN	Generale Bank Rotterdam, NED	04/19/98
2:21:06	1	Ingrid Kristiansen	NOR	London, GBR	04/21/85
2:21:12a	2	Ndereba (4)	KEN	Boston, MA, USA	04/15/02
2:21:16	3	Deena Drossin	USA	Flora London, GBR	04/13/03
2:21:18	1	Mizuki Noguchi	JPN	Osaka: Women's, JPN	01/26/03

## All-Time Rankings: U.S. Females

Time	PL	Name	CTZ	Race/Location	Date
2:21:16	3	Deena Drossin	CA	Flora London, GBR	04/13/03
2:21:21	1	Joan Samuelson	ME	America's Chicago, IL	10/20/85
2:22:43a	1	Benoit (2)	MA	Boston, MA	04/18/83
2:24:52a	1	Benoit (3)	ME	Olympics, Los Angeles, CA	08/05/84
2:26:11	1	Benoit (4)	MA	Nike OTC, OR	09/12/82
2:26:26a	1	Julie Brown	OR	Avon, CA	06/05/83
2:26:40a	2	Kim Jones	WA	Boston, MA	04/15/91
2:26:53	6	Drossin (2)	CA	LaSalle Bank Chicago, IL	10/13/02
2:26:54a	4	Samuelson (5)	ME	Boston, MA	04/15/91
2:26:58	3	Drossin (3)	CA	New York City, NY	11/04/01
--10--					
2:27:10	4	Marla Runyan	OR	New York City, NY	11/03/02
2:27:35	2	Francie Larrieu Smith	TX	World Cup: ADT London, GBR	04/21/91
2:27:50	2	K. Jones (2)	WA	Berlin, GER	09/29/91
2:27:52a	2	Patti Catalano	MA	Boston, MA	04/20/81
2:27:54a	2	K. Jones (3)	WA	New York City, NY	11/05/89

## Fastest 2003 Marathon Times: U.S. Females

Time	PL	Name	CTZ	Race	C/ST	Date
2:21:16	3	Deena Drossin	CA	Flora London	GBR	04/13/03
2:28:01	7	Colleen De Reuck	CO	LaSalle Bank Chicago	IL	10/12/03
2:29:01	10	Deeja Youngquist	NM	LaSalle Bank Chicago	IL	10/12/03
2:30:28a	5	Marla Runyan	OR	Boston	MA	04/21/03
2:30:41	1	Blake Russell	MA	Twin Cities	MN	10/05/03
2:31:38	2	Magdalena Lewy	CA	UPMC/Pittsburgh	PA	05/04/03
2:32:39	13	Jenny Spangler	IL	LaSalle Bank Chicago	IL	10/12/03
2:33:10	10	Sylvia Mosqueda	CA	ING New York City	NY	11/02/03
2:34:54	33	Jill Gaitenby	CA	World Championships	FRA	08/31/03
2:35:37	1	Sara Wells	MN	Michelob Ultra USA Champs.	MO	04/05/03
--10--						
2:37:14	37	Linda Somers Smith	CA	World Championships	FRA	08/31/03
2:37:32a	8	Milena Glusac	CA	Boston	MA	04/21/03
2:37:41	2	Colleen De Reuck (2)	CO	Michelob Ultra USA Champs.	MO	04/05/03
2:37:51	16	Rachel Kinsman	OH	LaSalle Bank Chicago	IL	10/12/03
2:37:59	1	Heather Hanscom	VA	Marine Corps	DC	10/26/03
2:38:19a	9	Jill Gaitenby (2)	CA	Boston	MA	04/21/03
2:38:49	16	Jenny Crain	OR	ING New York City	NY	11/02/03
2:39:39	17	Kim Fitchen-Young	CA	LaSalle Bank Chicago	IL	10/12/03
2:39:49	1	Stacie Alboucrek	FL	Shamrock Sportsfest	VA	03/15/03
2:40:14	6	Turena Johnson Lane	GA	Twin Cities	MN	10/05/03

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

# U.S. Women's Road Rankings

Points earned from performances on certified courses,  
times converted to equivalent 10K. World standard for women = 33:00

## Women

1	Deena Drossin Kastor	Mammoth Lakes, CA	<b>Tot. Pts. = 1665</b>					
			2:21:16	MARA	Flora London	04/13/03	30:17	786
			47:15	15K	Gate River Run 15K / USA 15K Championship	03/08/03	30:36	687
			33:17	10K	Celestial Seasonings Bolder Boulder 10K	05/26/03	32:12	192
2	Colleen De Reuck	Boulder, CO	<b>Tot. Pts. = 1515</b>					
			1:05:53	20K	New Haven Road Race / USA 20K Championship	09/01/03	31:25	435
			1:10:00	HM	USA Women's Half Marathon Championship	06/21/03	31:38	364
			2:28:01	MAR	LaSalle Bank Chicago	10/12/03	31:39	356
			49:30	15K	Gate River Run 15K / USA 15K Championship	03/08/03	32:03	241
			20:22	4MI	Steamboat Classic	06/07/03	32:37	66
			15:41	5K	Freihofer's Run for Women / USA 5K Championship	05/31/03	32:43	47
			37:33	7M	SBLI Falmouth Road Race	08/10/03	32:55	6
			25:02	4.75	Manchester Road Race	11/27/03	n.a.	0
			40:22	12K	Lilac Bloomsday Run	05/04/03	33:15	0
			34:22	10K	Celestial Seasonings Bolder Boulder 10K	05/26/03	33:17	0
			2:37:41	MAR	Michelob Ultra USA Women's Marathon Championship	04/05/03	33:43	0
			33:10	10K	Great Cow Harbor	09/20/03	33:43	0
38:28	7M	Quad City Times Bix 7	07/19/03	33:47	0			
3	Marla Runyan	Eugene, OR	<b>Tot. Pts. = 1117</b>					
			1:05:52	20K	New Haven Road Race / USA 20K Championship	09/01/03	31:25	443
			48:43	15K	Gate River Run 15K / USA 15K Championship	03/08/03	31:32	396
			15:25	5K	Freihofer's Run for Women / USA 5K Championship	05/31/03	32:10	205
			2:30:28	MAR	Boston	04/21/03	32:36	73
2:45:12	MAR	ING New York City	11/02/03	35:24	0			
4	Jen Rhines	Ardmore, PA	<b>Tot. Pts. = 618</b>					
			32:22	10K	Peoples Beach to Beacon 10K Road Race	08/02/03	32:22	143
			1:11:45	HMAR	Jefferson Hospital Philadelphia Distance	09/21/03	32:27	117
			1:11:55	HM	San Diego Marathon	01/19/03	32:30	100
			1:11:59	HM	USA Women's Half Marathon Championship	06/21/03	32:32	91
			37:08	7M	SBLI Falmouth Road Race	08/10/03	32:33	86
			32:34	10K	New York Mini Marathon	06/07/03	32:34	81
2:43:01	MAR	ING New York City	11/02/03	34:56	0			
5	Elva Dryer	Albuquerque, NM	<b>Tot. Pts. = 360</b>					
			32:03	10K	Food World Senior Bowl Charity Run	11/08/03	32:03	236
			32:34	10K	Tufts Health Plan for Women / USA 10K Championship	10/14/03	32:36	75
			15:43	5K	North American Challenge	10/26/03	32:43	47
34:02	10K	Celestial Seasonings Bolder Boulder 10K	05/26/03	32:57	2			
6	Deeja Youngquist	Albuquerque, NM	<b>Tot. Pts. = 325</b>					
			2:29:01	MAR	LaSalle Bank Chicago	10/12/03	31:52	296
			1:08:47	20K	New Haven Road Race / USA 20K Championship	09/01/03	32:48	24
			1:12:51	HM	USA Women's Half Marathon Championship	06/21/03	32:56	5
			33:37	10K	Food World Senior Bowl Charity Run	11/08/03	33:37	0
1:30:54	25K	Fifth Third River Bank Run / USA 25K Championship	05/10/03	34:13	0			

additional nationally ranked U.S. women with top performance details:

7	Sylvia Mosqueda	Los Angeles, CA	<b>Tot. Pts. = 315</b>	1:11:22	HM	IAAF World Championship	10/04/03	32:15	173
8	Katie McGregor	Edina, MN	<b>Tot. Pts. = 228</b>	1:07:53	20K	New Haven Road Race / USA 20K Champs	09/01/03	32:22	139
9	Blake Russell	Acton, MA	<b>Tot. Pts. = 207</b>	2:30:41	MAR	Twin Cities Marathon	09/28/03	32:15	177
10	Christine Clifton	Kirkland, WA	<b>Tot. Pts. = 198</b>	1:11:31	HM	USA Women's Half Marathon Championships	06/21/03	32:20	155
11	Magdalena Lewy	Oakland, CA	<b>Tot. Pts. = 127</b>	2:31:38	MAR	Pittsburgh Marathon	05/04/03	32:25	127
12	Sara Wells	Edina, MN	<b>Tot. Pts. = 114</b>	50:07	15K	Gate River Run 15K / USA 15K Champs	03/08/03	32:27	114
13	Jenny Spangler	Lake Villa, IL	<b>Tot. Pts. = 61</b>	2:32:39	MAR	LaSalle Bank Chicago	10/12/03	32:38	61
14	Kim Fitchen-Young	Santa Cruz, CA	<b>Tot. Pts. = 26</b>	50:39	15K	Gate River Run 15K / USA 15K Champs	03/08/03	32:48	26
15	Amy Rudolph	Providence, RI	<b>Tot. Pts. = 23</b>	50:40	15K	Gate River Run 15K / USA 15K Champs	03/08/03	32:48	23
16	Turena Johnson Lane	Statesboro, GA	<b>Tot. Pts. = 3</b>	1:09:04	20K	New Haven Road Race / USA 20K Champs	09/01/03	32:56	3
17	Carrie Tollefson	Dawson, MN	<b>Tot. Pts. = 1</b>	32:58	10K	Food World Senior Bowl Charity Run	11/08/03	32:58	1

# 2003 U.S. Women's Fastest Times by Distance

Note: for 2003 marathon times see page 20

## 5 km

	TIME	NAME	HOMETOWN	HST	PL	RACE	RACE CITY	RST	RDATE
1	15:25	Marla Runyan	Eugene	OR	1	Freihofer's Run for Women / USA 5K Championship	Albany	NY	05/31/03
2	15:41	Colleen De Reuck	Boulder	CO	2	Freihofer's Run for Women / USA 5K Championship	Albany	NY	05/31/03
3	15:43	Blake Russell	Acton	MA	3	Freihofer's Run for Women / USA 5K Championship	Albany	NY	05/31/03
3	15:43	Elva Dryer	Albuquerque	NM	2	North American Challenge	Chula Vista	CA	10/26/03
5	15:51	Nicole Jefferson	Gunnison	CO	4	Freihofer's Run for Women / USA 5K Championship	Albany	NY	05/31/03

## 8 km

1	26:14	Collette Liss	Indianapolis	IN	1	LaSalle Bank Shamrock Shuffle	Chicago	IL	03/23/03
2	26:39	Jenny Crain	Eugene	OR	2	LaSalle Bank Shamrock Shuffle	Chicago	IL	03/23/03
3	26:50a	Tamara Lave	San Diego	CA	1	Union Tribune Dr. Seuss 8K Race for Lite	San Diego	CA	05/04/03

## 10 km

1	32:03	Elva Dryer	Albuquerque	NM	1	Food World Senior Bowl Charity Run	Mobile	AL	11/08/03
2	32:22	Jen Rhines	Ardmore	PA	4	Peoples Beach to Beacon 10K Road Race	Cape Elizabeth	ME	08/02/03
3	32:34	Jen Rhines	Ardmore	PA	8	New York Mini Marathon	New York	NY	06/07/03
4	32:34	Elva Dryer	Albuquerque	NM	1	Tufts Health Plan for Women / USA 10K Championship	Boston	MA	10/14/03
5	32:36	Katie McGregor	Edina	MN	2	Food World Senior Bowl Charity Run	Mobile	AL	11/08/03

## 12 km

1	40:20	Kim Fitchen	San Jose	CA	4	Albertsons San Francisco Bay to Breakers	San Francisco	CA	05/18/03
2	40:22	Colleen De Reuck	Boulder	CO	2	Lilac Bloomsday Run	Spokane	WA	05/04/03
3	41:53	Nicole Hunt	Deer Lodge	MT	8	Lilac Bloomsday Run	Spokane	WA	05/04/03

## 15 km

1	47:15	Deena Drossin	Mammoth Lakes	CA	1	Gate River Run / USA 15K Championship	Jacksonville	FL	03/08/03
2	48:43	Marla Runyan	Eugene	OR	2	Gate River Run / USA 15K Championship	Jacksonville	FL	03/08/03
3	49:30	Colleen De Reuck	Boulder	CO	3	Gate River Run / USA 15K Championship	Jacksonville	FL	03/08/03
4	50:07	Sara Wells	Edina	MN	4	Gate River Run / USA 15K Championship	Jacksonville	FL	03/08/03
5	50:39	Kim Fitchen	Palo Alto	CA	5	Gate River Run / USA 15K Championship	Jacksonville	FL	03/08/03

## 10 mile

1	53:58	Sylvia Mosqueda	Los Angeles	CA	3	Cherry Blossom 10 mile	Washington	DC	04/06/03
2	54:30	Katie McGregor	Edina	MN	1	Twin Cities Marathon	Minneapolis	MN	09/28/03
3	56:41a	Kate Fonshell	Bryn Mawr	PA	1	Blue Cross Broad Street Run 10 Miler	Philadelphia	PA	05/04/03
4	57:07	Jenny Spangler	Gurnee	IL	8	Park Forest Scenic 10	Park Forest	IL	09/01/03
5	57:25	Christina Wells	Owensboro	KY	1	Papa John's	Louisville	KY	03/29/03

## 20 km

1	1:05:52	Marla Runyan	Eugene	OR	1	New Haven Savings Road Race / USA 20K Championship	New Haven	CT	09/01/03
2	1:05:53	Colleen De Reuck	Boulder	CO	2	New Haven Savings Road Race / USA 20K Championship	New Haven	CT	09/01/03
3	1:07:53	Katie McGregor	Edina	MN	3	New Haven Savings Road Race / USA 20K Championship	New Haven	CT	09/01/03
4	1:08:47	Deeja Youngquist	Albuquerque	NM	4	New Haven Savings Road Race / USA 20K Championship	New Haven	CT	09/01/03
5	1:09:04	Turena Johnson Lane	Statesboro	GA	5	New Haven Savings Road Race / USA 20K Championship	New Haven	CT	09/01/03

## 25 km

1	1:29:30	Christine Clifton	Kirkland	WA	2	Fifth Third River Bank / USA 25K Championship	Grand Rapids	MI	05/10/03
2	1:30:54	Deeja Youngquist	Albuquerque	NM	3	Fifth Third River Bank / USA 25K Championship	Grand Rapids	MI	05/10/03
3	1:31:14	Turena Johnson Lane	Statesboro	GA	4	Fifth Third River Bank / USA 25K Championship	Grand Rapids	MI	05/10/03
4	1:33:32	Jeanne Hennessy	Mahopac	NY	5	Fifth Third River Bank / USA 25K Championship	Grand Rapids	MI	05/10/03
5	1:33:51	Lori Stich Zimmerman	Stanwood	MI	6	Fifth Third River Bank / USA 25K Championship	Grand Rapids	MI	05/10/03

## 30 km

1	1:58:07	Lisa Spenner	Austin	TX	1	RunTex	Buda	TX	01/19/03
2	1:58:32	Patricia Vargas	Austin	TX	2	RunTex	Buda	TX	01/19/03

## Half-Marathon

1	1:10:00	Colleen De Reuck	Boulder	CO	1	Garry Bjorklund / USA Half-Marathon Championship	Duluth	MN	06/21/03
2	1:11:22	Sylvia Mosqueda	Los Angeles	CA	12	IAAF World Championship	Vilamoura	POR	10/04/03
3	1:11:31	Christine Clifton	Kirkland	WA	2	Garry Bjorklund / USA Half-Marathon Championship	Duluth	MN	06/21/03
4	1:11:45	Jen Rhines	Ardmore	PA	2	Philadelphia Distance Run	Philadelphia	PA	09/21/03
5	1:11:55	Jen Rhines	Ardmore	PA	1	San Diego Marathon	Carlsbad	CA	01/19/03
6	1:11:59	Jen Rhines	Ardmore	PA	3	Garry Bjorklund / USA Half-Marathon Championship	Duluth	MN	06/21/03
7	1:12:51	Deeja Youngquist	Albuquerque	NM	4	Garry Bjorklund / USA Half-Marathon Championship	Duluth	MN	06/21/03
8	1:13:03	Susannah Beck	Eugene	OR	5	Garry Bjorklund / USA Half-Marathon Championship	Duluth	MN	06/21/03
9	1:13:06	Kelly Keane	Manchester	NH	1	Valley of the Sun	Phoenix	AZ	03/09/03
10	1:13:16	Sara Wells	Edina	MN	6	Garry Bjorklund / USA Half-Marathon Championship	Duluth	MN	06/21/03

# '04 Olympic Team Trials: Men's Marathon Results

Birmingham, Alabama, February 7, 2004, 104 Qualifiers, 86 Starters, 71 Finishers



Plc	Name	Age	City/ST	Finish	Pace	Prize \$	Record
1	Alan Culpepper	31	Lafayette, CO	2:11:42	5:02	\$64,000*	
2	Meb Keflezighi	28	San Diego, CA	2:11:47	5:02	\$38,000*	
3	Dan Browne	28	Beaverton, OR	2:12:02	5:03	\$27,000*	
4	Trent Briney	25	Rochester Hills, MI	2:12:35	5:04	\$16,000	PR
5	Clint Verran	28	Rochester Hills, MI	2:14:37	5:09	\$13,000	
6	Scott Larson	34	Superior, CO	2:15:03	5:10	\$10,000	
7	Josh Cox	28	Murrieta, CA	2:15:18	5:10	\$7,500	
8	Eddy Hellebuyck	43	Albuquerque, NM	2:15:36	5:11	\$7,000	SA
9	Peter Gilmore	26	Menlo Park, CA	2:15:44	5:11	\$6,000	PR
10	Jason Lehmkuhle	26	St. Paul, MN	2:16:27	5:13	\$5,000	PR
11	Keith Dowling	34	Reston, VA	2:16:50	5:14	\$4,000	
12	Kevin Collins	32	Albuquerque, NM	2:17:00	5:14	\$3,000	
13	Brian Sell	25	Rochester Hills, MI	2:17:20	5:15	\$2,000	PR
14	Fred Kieser	32	Cleveland, OH	2:17:21	5:15	\$1,000	PR
15	Scott Strand	35	Birmingham, AL	2:17:44	5:16	\$500	
16	Steven Moreno	26	Oakland, CA	2:17:48	5:16		PR
17	Corey Creasey	24	Berkeley, CA	2:17:58	5:16		PR
18	Scott Nicholas	30	Portland, OR	2:18:13	5:17		PR
19	Conor Holt	31	Norman, OK	2:18:17	5:17		PR
20	Chris Banks	25	Alexandria, VA	2:18:56	5:19		
21	Ryan Meissen	25	River Falls, WI	2:19:02	5:19		PR
22	Scott Goff	27	Boulder, CO	2:19:11	5:19		
23	Ryan Shay	24	East Jordan, MI	2:19:20	5:19		
24	Matt Sandercock	34	Downingtown, PA	2:20:23	5:22		PR
25	Carl Rundell	35	Birmingham, MI	2:21:08	5:24		
26	John Dimoff	32	Portland, OR	2:21:12	5:24		
27	Michael Cox	28	Princeton, WV	2:21:52	5:25		PR
28	Jason Ryf	32	Oshkosh, WI	2:21:55	5:25		PR
29	Kevin Taylor	28	Raleigh, NC	2:22:04	5:26		
30	Erik Kean	26	Cheyenne, WY	2:22:09	5:26		
31	Brantley Lutz	28	Albuquerque, NM	2:22:17	5:26		
32	Edward Callinan	29	Cherry Hill, NJ	2:22:20	5:26		
33	Michael Wardian	29	Arlington, VA	2:22:40	5:27		
34	Eric Blake	24	Plattsburgh, NY	2:22:44	5:27		
35	William Kabasenche	31	Knoxville, TN	2:23:21	5:29		
36	Chris Wehrman	27	Chicago, IL	2:23:29	5:29		
37	Eric Hartmark	25	Roseville, MN	2:23:30	5:29		
38	Ben Rosario	24	Rochester, MI	2:23:42	5:29		
39	Ian Solof	32	Portland, OR	2:23:59	5:30		
40	Brian Clas	31	Darien, CT	2:24:18	5:31		
41	Mike Franko	29	Rochester Hills, MI	2:24:31	5:31		
42	Terrance Shea	30	Rochester Hills, MI	2:24:32	5:31		
43	Nate Bowen	27	Menlo Park, CA	2:24:35	5:31		
44	Shawn Found	33	Boulder, CO	2:24:45	5:32		
45	Nick Gramsky	25	McLean, VA	2:25:10	5:33		
46	Richard Byrne	39	Sciota, PA	2:25:50	5:34		
47	Joseph Wilson	28	North Ogden, UT	2:26:04	5:35		
48	James McGown	29	Shelton, NE	2:26:09	5:35		
49	Jan Talley	26	Farmington, UT	2:26:12	5:35		
50	Edmund Burke	34	Burtonsville, MD	2:26:14	5:35		
51	Matthew Folk	27	Youngstown, OH	2:26:24	5:36		
52	Paul Aufdemberge	39	Redford, MI	2:26:43	5:36		
53	Sean Nesbitt	29	Boulder, CO	2:26:49	5:37		
54	Chris Lundstrom	27	San Francisco, CA	2:27:00	5:37		
55	Mark Manz	30	Kiel, WI	2:27:58	5:39		
56	Ken Pliska	38	Littleton, MA	2:29:01	5:42		
57	Todd Meyer	30	Rochester, NY	2:29:23	5:42		
58	Alex Tilson	33	Burlingame, CA	2:29:31	5:43		
59	Matt Byrne	28	Philadelphia, PA	2:29:56	5:44		
60	Greg Wenneborg	36	Tucson, AZ	2:30:00	5:44		
61	Joseph Mahoney	31	Madison, WI	2:30:16	5:44		
62	James Jurcevich	27	Dublin, OH	2:30:59	5:46		
63	Trevor Pettingill	27	Salt Lake City, UT	2:31:43	5:48		
64	Eric Mack	29	Las Vegas, NV	2:32:26	5:49		
65	Mark Newman	41	Germantown, TN	2:32:41	5:50		
66	Filomeno Apodaca	38	Las Cruces, NM	2:33:10	5:51		
67	Darrell General	38	Hyattsville, MD	2:33:20	5:52		
68	Matthew Harmer	31	Salt Lake City, UT	2:33:33	5:52		
69	Jason Mayeroff	35	Kunming, China	2:34:38	5:54		
70	Robert Busquaert	29	Ray Township, MI	2:35:29	5:56		
71	Chad Worthen	30	Sacramento, CA	2:37:49	6:02		

\*Plus \$25,000, \$22,500 and \$20,000 Olympic Team Bonus for Games Participants

### Did Not Finish

Name	Age	City/ST
1	Alfredo Viguera	41 Woodland, CA
2	Curtis Moore	27 Riverton, UT
3	Aaron Church	28 South Riding, VA
4	Weldon Johnson	30 Flagstaff, AZ
5	David Morris	33 Albuquerque, NM
6	Peter Julian	32 Boulder, CO
7	Teddy Mitchell	31 Albuquerque, NM
8	Greg Jimmerson	29 Los Altos Hills, CA
9	Patrick Muturi	31 Thornton, CO
10	Peter Clusener	26 Arcata, CA
11	Mike Donnelly	29 Portland, OR
12	Phillimon Hanneck	32 Portland, OR
13	Tony Fraij	29 Hilliard, OH
14	Matthew Marcini	27 York, PA
15	Tom McGlynn	31 Burlingame, CA

### Did Not Start

Name	Age	City/ST
1	Khalid Khannouchi	32 Ossining, NY
2	Jimmy Hearld	35 Louisville, KY
3	Rod DeHaven	37 Madison, WI
4	Kyle Baker	28 Mason, MI
5	Brad Hauser	26 Mountain View, CA
6	Peter De La Cerda	32 Alamosa, CO
7	Jeff Campbell	32 Rochester Hills, MI
8	Ronnie Holassie	32 Miramar, FL
9	Mark Coogan	37 Exeter, NH
10	Chris Graff	28 Palo Alto, CA
11	Matt Downin	26 La Jolla, CA
12	Art Siemers	31 Arvada, CO
13	Mike Dudley	33 Kennesaw, GA
14	Nick Cordes	24 Rochester Hills, MI
15	Peter Sherry	35 Great Falls, VA
16	Terrence Mahon	33 Ardmore, PA
17	Timothy Martin	29 Page, AZ
18	Phil Hudnall	33 Kansas City, MO



At the Men's Trials, the Hansons-Brooks Team contributed to a fast pace (Sell), a healthy number of Olympic "A" standard times (Briney, Verran) and the Trials most surprising finish (Briney). From left to right: Trent Briney, Terrance Shea, Carl Rundell, Bob Busquaert, Brian Sell, Ben Rosario, Clint Verran, and Mike Franko. [Photo Run]

# 2003 USA Long Distance Running Champions

## WOMEN

5 km	Marla Runyan	15:25	Freihofer's Run for Women, Albany, NY	May 31
10 km	Elva Dryer	32:34	Tufts Health Plan for Women, Boston, MA	October 13
15 km	Deena Drossin	47:15 *	Gate River Run, Jacksonville, FL	March 8
20 km	Marla Runyan	1:05:52 *	New Haven Savings Bank, New Haven, CT	September 1
25 km	Christine Clifton	1:29:30	Fifth Third River Bank Run, Grand Rapids, MI	May 10
HMara	Colleen De Reuck	1:10:00 +	Garry Bjorklund, Duluth, MN	June 21
Mara	Sara Wells	2:35:57	Michelob Ultra USA Championship, St. Louis, MO	April 5
100 mi	Connie Gardner	16:22:15 +	Olander Park, Sylvania, OH	September 13
24hr	Pam Reed	223,633m	San Diego 1-Day Race, CA	November 8
50 km trail	Mary Fagan	4:33:10	Golden Gate Headlands, Rodeo Beach, CA	August 23
50 mi trail	Nikki Kimball	7:46:33	White River, Crystal Mountain, WA	August 2
7.5 mi mtn.	Anita Ortiz	1:01:19	Vail Hill Climb, CO	July 6

## MEN

5 km	Henry Dennis	14:05	CVS/pharmacy Downtown, Providence, RI	September 7
8 km	Meb Keflezighi	22:28	New York Road Runners 8000, New York, NY	April 5
10 km	Bob Kennedy	28:35	Food World Senior Bowl Charity Run, Mobile, AL	Nov 8
15 km	Meb Keflezighi	43:31	Gate River Run, Jacksonville, FL	March 8
10 mi	Chris Graff	47:09 +	Papa John's, Louisville, KY	March 29
20 km	Meb Keflezighi	58:57 *	New Haven Savings Bank, New Haven, CT	September 1
25 km	Dan Browne	1:16:13	Fifth Third River Bank Run, Grand Rapids, MI	May 10
HMar	Ryan Shay	1:04:13	UMKC Hospital Hill Run, Kansas City, MO	June 7
Mara	Ryan Shay	2:14:29	USA Championship, Birmingham, AL	February 8
100 mi	Tim Clement	14:01:01	Olander Park, Sylvania, OH	September 13
24hr	Joseph Gaebler	261,029m	San Diego 1-Day Race, CA	November 8
50 km trail	Scott Creel	3:49:54	Golden Gate Headlands, Rodeo Beach, CA	August 23
50 mi trail	Dave Mackey	6:58:19	White River, Crystal Mountain, WA	August 2
7.5 mi mtn.	Peter De La Cerda	47:42	Vail Hill Climb, CO	July 6

\* U.S. Record

+ USA Championship Record



### Road Running Information Center

385 Oak View, Santa Barbara, CA 93111

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