

PROFESSIONAL

ATHLETE

BIOGRAPHIES



2024

**2024 Medtronic TC 10 Mile
Prize Money Breakdown**



Open Men & Women

1 st	\$6,000
2 nd	\$4,000
3 rd	\$2,500
4 th	\$1,500
5 th	\$1,000

Non-Binary

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

Minnesota Men & Women

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

Minnesota Masters Men & Women

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

USA Track & Field Minnesota Team Circuit
\$1,000

2024 Men's Medtronic TC 10 Mile Field – Sorted by Personal Bests (PB)

NAME	COUNTRY	BIB	PB	Athlete Biography Page #s	
Raymond Magut	KENYA	20004	45:55		
Tsegay Weldlibanos	ERITREA	20015	46:06	#20001 Mantz	4
Andrew Colley	USA		46:38	#20002 Young	4
Jacob Riley	USA		47:19	#20003 Ford	5
Kirubel Erassa	USA		47:23	#20004 Magut	6
Joel Reichow	USA	20005	47:36	#20005 Reichow	6
Joseph Trojan	USA	20019	48:20	#20006 Combs	7
Clayton Young	USA	20002	48:23	#20007 Laguera	8
Tyler Jermann	USA	20030	48:31	#20008 Day	8
Michael Jordan	USA	20024	48:51	#20009 Haileselassie	9
Joseph Minor	USA	20020	48:57	#20010 Zeru	10
Chase Weaverling	USA	20021	49:07	#20011 Baxter	11
Charlie Lawrence	USA		50:21	#20012 Mesel	11
Filmon Ande	ERITREA	20018	50:43	#20014 Kent	12
Owen Hoeft	USA	20016	50:55	#20015 Weldlibanos	12
Conner Mantz	USA	20001	Debut	#20016 Hoeft	13
Ryan Ford	USA	20003	Debut	#20017 Schaffer	14
Luke Combs	USA	20006	Debut	#20018 Ande	14
Marcelo Laguera	MEXICO	20007	Debut	#20019 Trojan	15
Tyler Day	USA	20008	Debut	#20020 Minor	16
Yemane Haileselassie	ERITREA	20009	Debut	#20021 Weaverling	16
Afewerki Zeru	USA	20010	Debut	#20024 Jordan	17
Matthew Baxter	NEW ZEALAND	20011	Debut	#20025 Gemed	18
Amanuel Mesel	ERITREA	20012	Debut	#20026 Smith	18
Andy Kent	USA	20014	Debut	#20028 Graham	19
Daniel Schaffer	USA	20017	Debut	#20029 Lepine	19
Merga Gemed	USA	20025	Debut	#20030 Jermann	20
Paxton Smith	USA	20026	Debut	#20031 Caiyem	20
Marcus Graham	USA	20028	Debut	#20032 Brown	21
Matthew Lepine	USA	20029	Debut	Riley	21
Zev Caiyem	USA	20031	Debut	Gregg	22
Spencer Brown	USA	20032	Debut	Stimpfel	23
Shuaib Aljabaly	USA		Debut	Aljabaly	23
Ethan Gregg	USA		Debut	Erassa	24
CarLee Stimpfel	USA		Debut	Colley	24
				Lawrence	25

Medtronic TC 10 Mile: Men

Conner Mantz, USA

Instagram username: connermantz

Age: 27

Current Residence: Provo, Utah

Sponsor/Training Group: Nike

Bib: 20001

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 13:10.24 (2022)

Half Marathon: 1:00:55 (2021)

Marathon: 2:07:47 (2023)

- College: Brigham Young University (NCAA Division I)
 - o 29th at 2015 IAAF World Cross Country U20 Championships
 - o 9-time All-American
 - o 2-time NCAA Cross Country Champion (2020, 2021)
 - o Runner-up in 10,000m at 2021 NCAA Outdoor Championships
- Post-Collegiate
 - o 2021 U.S. Half Marathon Champion
 - o 7th at 2022 Chicago Marathon
 - o 11th at 2023 Boston Marathon
 - o 10th and 6th in 5,000m and 10,000m, respectively, at 2023 USATF Outdoor Championships
 - o 6th at 2023 Chicago Marathon
 - o 2024 U.S. Olympic Marathon Trials Champion
 - o 8th in Marathon at 2024 Paris Olympic Games
- 2024 Results
 - o February: 1st at U.S. Olympic Marathon Team Trials in 2:09:05
 - o May: 1st at Bolder Boulder 10K in 29:13
 - o June: 6th in 10,000m at U.S. Olympic Track & Field Team Trials in 28:00.90
 - o August: 8th in Marathon at Paris Olympic Games in 2:08:12
- Notes:
 - o Coached by Ed Eyestone
 - o 5,000m Champion at New Balance Indoor Nationals in high school
 - o Training partners with Bib #20002 Clayton Young

Clayton Young, USA

Twitter handle: @_Clayton_Young_

Instagram username: _clayton_young_

Age: 31

Current Residence: Provo, Utah

Sponsor/Training Group: ASICS

Bib: 20002

Personal Best 10 Mile: 48:23 (2019 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 13:31.79 (2019)

10,000 meters: 28:18.50 (2019)

Half Marathon: 1:01:18 (2021)

Marathon: 2:08:00 (2023)

- College: Brigham Young University (NCAA Division I)
 - o 4-time All-American
 - o 10,000m Champion at 2019 NCAA Outdoor Championships
 - o Highest finish at NCAA Cross Country Championships was 72nd in 2018
- Post-Collegiate:
 - o **16th at 2019 U.S. 10 Mile Championships (hosted by TCM) in 48:23**
 - o 136th at 2020 U.S. Olympic Marathon Team Trials
 - o 2021 U.S. 15K Road Champion
 - o 13th at 2021 Chicago Marathon
 - o 18th at 2022 Chicago Marathon
 - o 2023 U.S. 8K Road Champion
 - o 2023 U.S. 20K Road Champion
 - o 7th at 2023 Chicago Marathon
 - o Runner-up at 2024 U.S. Olympic Marathon Team Trials
 - o 9th in Marathon at 2024 Paris Olympic Games
- 2024 Results:
 - o February: 2nd at U.S. Olympic Marathon Team Trials in 2:09:06
 - o March: 13th at NYC Half Marathon in 1:05:35
 - o April: 17th at ASICS Speed Paris 10K in 29:31
 - o May: 7th at Bolder Boulder 10K in 29:39
 - o June: 9th at B.A.A. 10K in 28:31
 - o August: 9th in Marathon at Paris Olympic Games in 2:08:44
- Notes:
 - o Has two kids, and put out a great YouTube documentary series about his journey and training build up to the Paris Olympic Marathon: [Marathon Build: Paris 2024 Olympics - YouTube](#)

Ryan Ford, USA

Instagram username: ryanford_chevy

Age: 26

Current Residence: Blowing Rock, North Carolina

Sponsor/Training Group: On ZAP Endurance

Bib: 20003

Personal Best 10 Mile: Debut

Additional Personal Bests

One Mile: 4:03.15 (2023)

3,000 meters: 7:53.89 (2022)

5,000 meters: 13:29.96 (2023)

10,000 meters: 27:40.80 (2024)

- College:
 - o University of Tennessee – Martin (NCAA Division I)
 - Multiple-time All-Conference honoree
 - NCAA Division I Outdoor Track & Field Championships Preliminary Round qualifier in 10,000m
 - o Iowa State University (NCAA Division I)

- 47th at 2021 NCAA Division I Cross Country Championships, helping Iowa State to a runner-up team finish
 - 21st in the 5,000m at 2022 NCAA Division I Outdoor Track & Field Championships qualifier
 - Multiple-time All-Big 12
- Post-Collegiate
 - 13th at 2022 U.S. 5K Road Championships
 - 20th at the 2022 Cross Champs 8k in Austin, Tex. (24:11)
 - 12th at 2023 U.S. Cross Country Championships
 - 5,000m Champion at 2023 Mt. SAC Relays
 - 15th in 10,000m at 2023 USATF Outdoor Championships
- 2024 Results
 - January: 10th at U.S. Cross Country Championships in 29:40
 - February: 10th in 5,000m at BU Valentine Invitational in 13:44.56
 - March: 11th in 10,000m at Sound Running's The TEN in 28:07.41
 - April: 15th in 5,000m at Bryan Clay Invitational in 13:30.68
 - May: 10th in 10,000m at Night of the 10,000m PBs in 27:40.80
 - June: 9th in 10,000m at U.S. Olympic Track & Field Team Trials in 28:08.72
- Notes
 - Originally from Huntsville, Alabama and joined ZAP Endurance in July 2022

Raymond Magut, KEN

Age: 26

Current Residence: Grand Prairie, Texas

Bib: 20004

Personal Best 10 Mile: 45:55 (2024 Cherry Blossom 10 Mile)

Additional Personal Bests

1,500 meters: 3:43.48 (2018)

5,000 meters: 13:39.25 (2018)

10K Road: 28:35 (2022)

Half Marathon: 1:00:00 (2021)

- Professional Career:
 - Champion – 2019 Genworth Virginia Ten Miler
 - 11th at 2019 B.A.A. Half Marathon
 - 4th at 2021 Berlin Half Marathon
 - 4th at 2021 Adizero Road to Records Half Marathon
 - Runner-up at 2022 Monumental Mile
 - Runner-up at 2022 Atlanta Half Marathon
 - Champion – 2022 Carmel Half Marathon
 - 4th at 2022 Indianapolis Monumental Mini Marathon
 - 5th at 2023 Atlanta Half Marathon
- 2024 Results:
 - April: Runner-up at Cherry Blossom 10 Mile in 45:55
 - May: 9th at Bolder Boulder 10K in 30:04

Joel Reichow, USA

Instagram username: joelreichow

Age: 31

Current Residence: White Bear Lake, Minnesota
Sponsor/Training Group: Minnesota Distance Elite
Bib: 20005
Personal Best 10 Mile: 47:36 (2021 Credit Union Cherry Blossom 10 Mile)

Additional Personal Bests

10,000 meters: 28:23.93 (2021)
Half Marathon: 1:02:30 (2023)
Marathon: 2:10:37 (2023)

- High School: White Bear Lake High School (MN)
 - o 2012 MN State Track & Field Championships 1600m – 9th
 - o 2011 MN State Cross Country Championships – 9th
 - o 2010 MN State Cross Country Championships – 20th
- College: South Dakota State University (NCAA Division I)
 - o Two-time NCAA Cross Country All-American
 - o 2016 NCAA Cross Country Championships – 20th
- Post-Collegiate:
 - o **2018 USATF 10 Mile Championships (hosted by TCM) – 19th**
 - o 2019 NACAC Cross Country Championships – U.S. Team Member
 - o 33rd at 2020 U.S. Olympic Trials Marathon
 - o 13th at 2021 USATF Half Marathon Championships
 - o 6th at 2021 USATF 10 Mile Championships – 6th in 47:36
 - o **6th at 2021 Medtronic Twin Cities Marathon in 2:28:07**
 - o **34th at 2022 U.S. 10 Mile Championships in 48:53**
 - o 3rd at 2022 U.S. Marathon Championships
 - o 12th at 2023 U.S. 10 Mile Championships
 - o 2023 Garry Bjorklund Half Marathon Champion
 - o 14th at 2023 Chicago Marathon
 - o 28th at 2024 U.S. Olympic Marathon Team Trials
- 2024 Results:
 - o January: 17th at Houston Half Marathon in 1:03:16
 - o February: 28th at U.S. Olympic Marathon Team Trials in 2:16:37
 - o May: 2nd at Brian Kraft Memorial 5K in 14:08
 - o June: 4th at Garry Bjorklund Half Marathon in 1:02:42
 - o September: 22nd at New Haven 20K Road Race in 1:02:54

Luke Combs, USA

Age: 22
Current Residence: Colorado Springs, Colorado
Bib: 20006
Personal Best 10 Mile: Debut

Additional Personal Bests

3,000 meters: 7:56.71 (2022)
5,000 meters: 13:32.08 (2023)
10,000 meters: 28:24.84 (2024)

- College: United States Air Force Academy (NCAA Division I)
 - o Multiple-time All-Mountain West honoree
 - o 28th at 2023 NCAA Cross Country Championships (All-American)
 - o 2024 Mountain West 10,000m Champion

- Post-Collegiate:
 - o No post-collegiate races yet
- 2024 Results:
 - o March: 21st in 10,000m at Stanford Invitational in 28:24.84
 - o April: 1st in 5,000m at Drake Relays in 13:54.76
 - o May 9: 1st in 10,000m at Mountain West Outdoor Championships in 29:05.72
 - o May 22: 24th in 10,000m at NCAA West First Round in 29:40.60
- Notes:
 - o Both parents ran cross country and track & field at Anderson University
 - o Considers himself a connoisseur of sparkling water

Marcelo Laguera, MEX

Twitter handle: @MarceloLauera

Instagram username: marcelolaguera

Age: 28

Current Residence: Fountain, Colorado

Sponsor/Training Group: Runners Roost Colorado Springs

Bib: 20007

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 13:36.38 (2024)

10,000 meters: 28:05.83 (2023)

Half Marathon: 1:02:27 (2024)

Marathon: 2:11:54 (2024)

- College: Colorado State University – Pueblo (NCAA Division II)
 - o Seven-time All-American, including four times at NCAA Cross Country Championships
 - o 2018 NCAA Cross Country Champion
 - o Runner-up in 10,000m at 2019 NCAA Outdoor Championships
- Post-Collegiate:
 - o 8th in 10,000m at Portland Track Festival
 - o 54th at 2023 World Athletics Cross Country Championships
 - o 3rd in 5,000m and 10,000m at 2023 Mexican Outdoor Championships
 - o 49th at 2023 World Athletics Half Marathon Championships
 - o 6th in 10,000m at 2023 Pan American Games
 - o 8th at 2024 Houston Marathon
- 2024 Results:
 - o January: 8th in Houston Marathon in 2:11:54
 - o March: 15th in 10,000m at Sound Running’s The TEN in 28:23.79
 - o April 12: 10th in 5,000m at Bryan Clay Invitational in 13:36.38
 - o April 28: 20th at Istanbul Half Marathon in 1:02:27
 - o July: 8th in 5,000m at Sound Running’s Sunset Tour in 13:49.45

Tyler Day, USA

Instagram username: day6naz

Age: 27

Current Residence: Gilbert, Arizona

Sponsor/Training Group: HOKA ONE ONE / NAZ Elite

Bib: 20008

Personal Best 10 Mile: Debut

Additional Personal Bests

3,000 meters: 7:45.70 (2020)

5,000 meters: 13:16.95 (2020)

- College: Northern Arizona University (NCAA Division I)
 - o 6-time All-American
 - o 9th in 10,000m at 2017 USATF Outdoor Championships
 - o 3rd and 6th in 2017 and 2018 NCAA Cross Country Championships, respectively
 - o 4th and 6th in 10,000m at 2018 and 2019 NCAA Outdoor Championships, respectively
- Post-Collegiate:
 - o 10th in 5,000m at 2019 Pan American Games
 - o 2019 Rock 'n' Roll Las Vegas Half Marathon
 - o 3rd at 2020 Michigan Pro Half Marathon
- 2024 Results:
 - o August: 3rd at George Kyte Classic 4.5 Mile XC in 22:15.3
- Notes:
 - o Went 1,365 days between races due to several serious, long term injuries – which included 3 ankle surgeries and purely cross training on a road bike / in the pool.
 - o <https://nazelite.com/tyler-days-return-to-racing/>

Yemane Haileselassie Teklehaimanot, ERI

Instagram username: yemanehaileselassie

Age: 26

Current Residence: Flagstaff, Arizona

Sponsor/Training Group: adidas / McKirdy Trained

Bib: 20009

Personal Best 10 Mile: Debut

Additional Personal Bests

3,000 meter Steeplechase: 8:11.22 (2017)

Half Marathon: 1:01:34 (2024)

Marathon: 2:14:44 (2024)

- Professional:
 - o Runner-up in 3,000m Steeplechase at 2016 IAAF U20 World Outdoor Championships
 - o 11th in 3,000m Steeplechase at 2016 Rio de Janeiro Olympic Games
 - o 9th at 2017 World Athletics U20 Cross Country Championships
 - o 7th in 3,000m Steeplechase at 2019 IAAF World Championships
 - o 5th in 3,000m Steeplechase at 2020 Tokyo Olympic Games
 - o Runner-up at 2022 Eritrean Cross Country Championships
 - o 3rd at 2023 B.A.A. Half Marathon
 - o 16th at 2024 Boston Marathon
- 2024 Results:
 - o January: 8th in Houston Half Marathon in 1:01:34
 - o March: 3rd at NYC Half Marathon in 1:01:37
 - o April: 16th at Boston Marathon in 2:14:44
 - o May: 2nd at Bolder Boulder 10K in 29:15
 - o June: 4th at B.A.A. 10K in 28:11
 - o July 4: 8th at Peachtree 10K Road Race in 28:59

- July 14: 4th at Boilermaker 15K Road Race in 43:23
- August: 4th at Peachtree Road Race in 32:13
- Notes:
 - Eritrean national record holder for Seniors and U20 athletes in 3,000m Steeplechase

Afewerki Zeru, USA

Instagram username: runzeru

Age: 26

Current Residence: Flagstaff, Arizona

Bib: 20010

Personal Best 10 Mile: Debut

Additional Personal Bests

3,000 meters: 8:04.74 (2022)

5,000 meters: 13:44.58 (2022)

10,000 meters: 28:09.26 (2024)

Half Marathon: 1:02:40 (2023)

Marathon: 2:18:54 (2023)

- College: University of Colorado – Colorado Springs (NCAA Division II)
 - Multiple-time RMAC Champion and All-RMAC honoree
 - Eight-time All-American
 - 15th at 2021 NCAA Division II Cross Country Championships
 - Champion – 5,000m at 2022 NCAA Division II Outdoor Track & Field Championships
 - 3rd in 10,000m at 2022 NCAA Division II Outdoor Track & Field Championships
 - 5th at 2022 NCAA Division II Cross Country Championships
 - 9th and 6th in 3,000m and 5,000m, respectively, at 2023 NCAA Division II Indoor Track & Field Championships
 - 5th in 5,000m at 2023 NCAA Division II Outdoor Track & Field Championships
- Post-Collegiate
 - Runner-up at 2023 Garry Bjorklund Half Marathon
 - 8th at 2023 Porto (Portugal) Marathon
 - 61st at 2024 U.S. Olympic Marathon Team Trials
 - 18th in 10,000m at 2024 U.S. Olympic Track & Field Team Trials
- 2024 Results
 - February: 61st at U.S. Olympic Marathon Team Trials in 2:20:36
 - April: 1st in 10,000m at Bryan Clay Invitational in 28:36.84
 - May: 4th in 10,000m at Sound Running's Track Fest in 28:09.26
 - June: 18th in 10,000m at U.S. Olympic Track & Field Team Trials in 29:06.77
 - July 14: 14th at Boilermaker 15K Road Race in 45:57
 - July 20: 4th at U.S. 8K Road Championships in 22:43
 - September: 6th at U.S. 10K Road Championships in 29:10
- Notes:
 - A native of Eritrea. Zeru left his Eritrea at 12 years old due to the country being engulfed in civil war, thinking he'd be back in a few weeks – but he never went back. Zeru ended up spending four years in a refugee camp before being sponsored by a refugee resettlement service in the U.S., setting off a series of lifechanging dominoes, including his very successful distance running career thus far. Zeru also received his University's Thomas F. McLaughlin Award – presented annually to the top student-athletes who have excelled in their sport, the classroom and been a leader on their team while serving their communities.

- Good article about Zeru's life journey: [Here](#)

Matthew Baxter, NZL

Twitter handle: @MattRBaxter

Instagram username: matthewrobertbaxter

Age: 30

Current Residence: Flagstaff, Arizona

Sponsor/Training Group: HOKA ONE ONE / NAZ Elite

Bib: 20011

Personal Best 10 Mile: Debut

Additional Personal Bests

3,000 meters: 7:47.85 (2020)

5,000 meters: 13:27.61 (2020)

Half Marathon: 1:04:12 (2024)

Marathon: 2:14:08 (2023)

- College: Northern Arizona University (NCAA Division I)
 - o Three-time NCAA Cross Country All-American, five-time All-American total
 - o Runner-up at 2017 NCAA Cross Country Championships
 - o Part of 2018 NCAA Championship team at NAU – the first of the NAU dynasty
 - o 5th in 10,000m at 2018 NCAA Outdoor Championships
- Post-Collegiate:
 - o 5,000m Champion at 2019 New Zealand Championships
 - o 44th at 2019 IAAF World Cross Country Championships
 - o 2022 Chicago Half Marathon Champion
 - o 12th at 2022 New York City Marathon
 - o 48th at 2023 World Athletics Cross Country Championships
 - o 25th at 2023 Oceania Marathon Championships
 - o 4th at 2023 California International Marathon
- 2024 Results:
 - o March: 8th at NYC Half Marathon in 1:04:12
 - o June: 14th at B.A.A. 10K in 29:16
 - o July: 12th at Boilermaker 15K in 45:06
- Notes:
 - o Recently published a book called Running Up the Mountain documenting the NAU cross country / track & field programs and their rise to success in the NCAA over the years

Amanuel Mesel, ERI

Instagram username: amanielmesel

Age: 33

Current Residence: Flagstaff, Arizona

Sponsor/Training Group: adidas (?) / McKirdy Trained

Bib: 20012

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 13:16.25 (2011)

Half Marathon: 1:00:10 (2013)

Marathon: 2:08:17 (2013)

- Professional:
 - o 9th at 2008 IAAF U20 World Cross Country Championships
 - o 24th at 2011 IAAF World Cross Country Championships
 - o 11th in 5,000m at 2011 IAAF World Championships
 - o 15th in 5,000m at 2012 London Olympic Games
 - o Runner-up at 2013 Valenica Marathon
 - o 9th in Marathon at 2015 IAAF World Championships
 - o 21st in Marathon at 2016 Rio de Janeiro Olympic Games
 - o 8th at 2017 London Marathon
 - o 7th at 2018 IAAF World Half Marathon Championships
 - o 3rd at 2020 Houston Marathon
 - o 2022 Napa Valley Half Marathon Champion
 - o 5th at 2023 California International Marathon
 - o 4th at 2023 Grandma's Marathon

- 2024 Results:
 - o May: 3rd at Pittsburgh Half Marathon in 1:05:34
 - o June: 4th at Grandma's Marathon in 2:12:46

Andy Kent, USA

Twitter handle: @akent_02

Instagram: akent_02

Age: 27

Current Residence: Brooklyn, New York

Sponsor/Training Group: EMPIRE ELITE

Bib: 20014

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 13:28.28 (2022)

10,000 meters: 28:15.06 (2022)

- College:
 - o Georgia Tech University (NCAA Division I)
 - Multiple-time All-ACC honoree
 - 13th in 3,000m at 2021 NCAA Indoor Championships
 - o University of Colorado – Boulder (NCAA Division I)
 - 6-time All-Pac 12 honoree
 - 43rd and 45th at 2021 and 2022 NCAA Cross Country Championships, respectively
- Post-Collegiate:
 - o 12th in High Performance 5,000m at 2024 Portland Track Festival
- 2023 Results:
 - o May: 11th in 5,000m at Trials of Miles NYC in 14:12.76
 - o June 2: 4th in 1500m at Elliott Denman NJ Invitational in 3:42.36
 - o June 9: 12th in 5,000m at Portland Track Festival in 13:56.84

Tsegay Weldlibanos, ERI

Age: 28

Current Residence: Flagstaff, Arizona

Sponsor/Training Group: McKirdy Trained

Bib: 20015

Personal Best 10 Mile: 46:06 (2013 Tilburg [Netherlands] 10 Mile)

Additional Personal Bests

5,000 meters: 13:20.89 (2013)

Half Marathon: 1:00:50 (2018)

Marathon: 2:09:07 (2019)

- Professional:
 - o 4th at 2013 IAAF U20 World Cross Country Championships
 - o 7th in 5,000m at 2014 IAAF World Junior Championships
 - o 38th at 2015 IAAF World Cross Country Championships
 - o 8th in 10,000m at 2015 All-Africa Games
 - o 3rd at 2016 B.A.A. Half Marathon
 - o 5th at 2017 Shanghai Half Marathon
 - o 6th at 2019 Daegu International Marathon (South Korea)
 - o Runner-up at 2022 Mesa Half Marathon
 - o 8th at 2023 Grandma's Marathon
 - o 2023 Bakline's McKirdy Micro Marathon Champion in 2:11:04
 - o Runner-up at 2024 Garry Bjorklund Half Marathon
- 2023 Results:
 - o April: 33rd at Boston Marathon in 2:22:00
 - o May: 11th at Bolder Boulder 10K in 30:19
 - o June: 2nd at Garry Bjorklund Half Marathon in 1:02:04
- Notes:
 - o Is on asylum in the U.S. and lives and trains in Flagstaff. As of October 2023, he had not seen his wife or his daughter in 4+ years.

Owen Hoeft, USA

Twitter handle: @Hoeft98

Instagram username: owenhoeft

Age: 26

Current Residence: Brooklyn, New York

Sponsor/Training Group: After Hours Athletics

Bib: 20016

Personal Best 10 Mile: 50:55 (2022 Medtronic TC 10 Mile)

Additional Personal Bests

1,500 meters: 3:42.01 (2022)

3,000 meters: 8:00.83 (2021)

5,000 meters: 13:51.97 (2022)

- High School: Hopkins High School (MN)
 - o 5-Time All-State Honoree
 - o 4-Time All-Lake Conference Performer
 - o Hopkins High School AAA award winner for excellence in academics, athletics and arts.
- College: University of Minnesota – Twin Cities (NCAA Division I)
 - o 6th in 1,500m at 2021 B1G 10 Outdoor Championships
 - o 2021 B1G Ten Indoor Track & Field Championships Mile Champion
 - o 5th in 3,000m at 2021 B1G Ten Indoor Track & Field Championships
 - o 26th at 2021 NCAA Midwest Regional Cross Country Championships
- Post-Collegiate:

- **45th at 2022 U.S. 10 Mile Championships in 50:55**
- 27th at 2022 U.S. 5K Road Championships
- 13th at 2023 U.S. Road Mile Championships
- 2024 Results:
 - March: 10th in 2 Mile at Trials of Miles at the Armory in 8:49.79
 - May: 9th in 5,000m at Trials of Miles NYC in 14:03.15
- Notes:
 - Owen's Father, Carson, was also a very good distance runner for Robbinsdale Armstrong High School and the University of Minnesota and his brother also ran for the U of MN Gophers as well

Daniel Schaffer, USA

Twitter handle: @dan_schaff

Instagram username: dschaff10

Age: 26

Current Residence: Blowing Rock, North Carolina

Sponsor/Training Group: On ZAP Endurance

Bib: 20017

Personal Best 10 Mile: Debut

Additional Personal Bests

Mile: 3:57.47 (2022)

3,000 meters: 7:50.05 (2022)

5,000 meters: 13:36.23 (2022)

10,000 meters: 29:05.56 (2024)

- College: Binghamton University (NCAA Division I)
 - Multiple-time America East 1500m Champion
 - 24th in 5,000m at 2022 NCAA Outdoor Championships
- Post-Collegiate:
 - 21st at 2022 U.S. 5K Road Championships
 - 4th in 3,000m at 2023 U.S. Indoor Championships
 - 3rd in 5,000m at 2023 Mt. SAC Relays
 - 4th at 2023 U.S. 5K Road Championships
 - 18th in 5,000m at 2024 USATF Los Angeles Grand Prix
- 2024 Results:
 - January: 10th in 3,000m at BU Terrier Classic in 7:52.93
 - March: 25th in 10,000m at Sound Running's The TEN in 29:05.56
 - April: 5th in 5,000m at Payton Jordan Invitational in 13:37.39
 - May: 18th in 5,000m at USATF Los Angeles Grand Prix in 13:39.48
 - June: 11th in 1500m at Portland Track Festival in 3:43.46

Filmon Ande, ERI

Age: 26

Current Residence: Flagstaff, Arizona

Sponsor/Training Group: McKirdy Trained

Bib: 20018

Personal Best 10 Mile: 50:43 (2019 Tilburg 10 Mile)

Additional Personal Bests

10K Road: 27:57 (2018)

Half Marathon: 1:02:22 (2023)

Marathon: 2:06:38 (2021)

- Professional:
 - o 11th at 2017 IAAF U20 World Cross Country Championships
 - o 2017 Eritrean Half Marathon Champion
 - o 21st at 2019 IAAF World Cross Country Championships
 - o 3rd at 2021 Eritrean 10,000m Championships
 - o Runner-up at 2022 Milan Marathon
 - o Runner-up at 2023 Honolulu Marathon
- 2024 Results:
 - o January: 15th at Houston Half Marathon in 1:02:52
- Notes:
 - o Looks to be part of the Eritrean group on asylum in Flagstaff training with James McKirdy.

JP (Joseph) Trojan, USA

Instagram: the_trojan_horse

Age: 27

Current Residence: Minneapolis, Minnesota

Sponsor / Training Group: Minnesota Distance Elite

Bib: 20019

Personal Best 10 Mile: 48:20 (2022 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 13:48.91 (2020)

10,000 meters: 28:35.16 (2022)

Half Marathon: 1:02:50 (2023)

Marathon: 2:16:21 (2023)

- College:
 - o Syracuse University (NCAA Division I):
 - 2021 NCAA All-Northeast Region Cross Country
 - 21st in 10,000m at 2021 NCAA Outdoor Track & Field Championships
 - All-ACC Conference Honoree in Indoor Track & Field
 - o William & Mary (NCAA Division I)
 - Multiple-time All-CAA honoree & CAA Athlete of the Year
- Post-Collegiate:
 - o 18th at 2022 Falmouth Road Race
 - o 25th at 2022 U.S. 10 Mile Championships (hosted by TCM) in 48:20
 - o 33rd at 2023 Houston Half Marathon
 - o Runner-up at 2023 Project 13.1 NYC
 - o 17th at 2023 McKirdy Micro Marathon
 - o **2023 TC 5K Champion**
 - o 123rd at 2024 U.S. Olympic Marathon Team Trials
- 2024 Results:
 - o January: 27th at Houston Half Marathon in 1:04:00
 - o February: 123rd at U.S. Olympic Marathon Team Trials in 2:26:08
 - o May 11: 10th in 10,000m at Sound Running's Track Fest in 28:40.95
 - o May 27: 1st in Brian Kraft Memorial 5K in 14:06
 - o June: 11th in 10,000m at Portland Track Festival in 28:43.07
 - o July: 10th at Peachtree 10K Road Race in 29:23
- Notes:
 - o Attorney in his day job

Joseph Minor, USA

Instagram username: jominor00

Age: 24

Current Residence: Minneapolis, Minnesota

Sponsor/Training Group: Minnesota Distance Elite

Bib: 20020

Personal Best 10 Mile: 48:57 (2024 Cherry Blossom 10 Mile)

Additional Personal Bests

5,000 meters: 13:51.50 (2023)

10,000 meters: 28:43.31 (2023)

Marathon: 2:24:13 (2023)

- High School: Minneapolis Washburn High School
 - o 7th in the Minnesota State Cross Country Meet, leading his team to a 2nd place team finish
 - o 3rd in the 3200m at the Minnesota State Track & Field Meet as a senior
- College: South Dakota State University (NCAA Division I)
 - o Set SDSU 10,000m school record, breaking the old record held by Joel Reichow
 - o 9-time Summit League Champion
 - o 5,000m Champion at 2023 Drake Relays
 - o Qualified for NCAA West First Round in 5,000m and 10,000m
- Post-Collegiate:
 - o 69th at 2023 Grandma's Marathon
 - o **3rd at 2023 TC 5K**
 - o 24th at 2023 U.S. 5K Road Championships
 - o 14th at 2024 Cherry Blossom 10 Mile
- 2024 Results:
 - o February: 3rd in 3,000m at BU Terrier Classic in 8:12.21
 - o April: 14th at Cherry Blossom 10 Mile in 48:57
 - o May 11: 16th in 10,000m at Sound Running's Track Fest in 29:37.23
 - o May 27: 3rd at Brian Kraft Memorial 5K in 14:14
 - o June: 15th at Garry Bjorklund Half Marathon in 1:04:15
 - o September: 29th at New Haven 20K Road Race in 1:04:48
- Notes:
 - o Volunteer Assistant Coach for Univ. of Minnesota Twin Cities cross country / track & field

Chase Weaverling, USA

Twitter handle: @chaseingnumber1

Instagram username: chaseingnumber1

Age: 28

Current Residence: Arvada, Colorado

Sponsor/Training Group: TEAM Boulder Elite

Bib: 20021

Personal Best 10 Mile: 49:07 2021 Pittsburgh 10 Miler

Additional Personal Bests

3,000 meters: 8:11.28 (2016)

10,000 meters: 29:04.15 (2023)

Half Marathon: 1:04:00 (2019)

Marathon: 2:15:48 (2023)

- College: University of Virginia (NCAA Division I)
 - o Multiple-time All-ACC honoree
 - o Multiple-time qualifier for NCAA Cross Country Championships
- Post-Collegiate:
 - o 26th at 2019 Houston Half Marathon
 - o 16th at 2019 U.S. 15K Road Championships
 - o 64th at 2020 U.S. Olympic Marathon Team Trials
 - o 2021 Pittsburgh Ten Miler Champion
 - o 9th at 2022 Garry Bjorklund Half Marathon
 - o 31st at 2022 Chicago Marathon
 - o 18th at 2023 Cherry Blossom 10 Mile
 - o 14th at 2023 Grandma's Marathon
- 2024 Results:
 - o February: 41st at U.S. Olympic Marathon Team Trials in 2:17:54
- Notes:
 - o After graduating college, he moved to Colorado to "retire" from running and become a ski bum, but couldn't get rid of the competitive fire and decided to keep training.
 - o Software Engineer for day job

Michael Jordan, USA

Instagram username: mj_of_track

Age: 33

Current Residence: Vancouver, Washington

Bib: 20024

Personal Best 10 Mile: 48:51 (2022 Medtronic TC 10 Mile)

Additional Personal Bests

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

15K Road: 45:29 (2017)

Half Marathon: 1:04:36 (2024)

- College: University of Southern Indiana (NCAA Division I)
 - o 5-Time All-American
- Post-Collegiate Career:
 - o Runner-up at 2014 Carmel Half Marathon
 - o Runner-up in 3,000m Steeplechase at 2017 USATF Outdoor Championships
 - o 5th at 2019 USATF Outdoor Championships 3,000m Steeplechase
 - o 12th at 2021 Portland Track Festival 3,000m Steeplechase
 - o **33rd at 2022 U.S. 10 Mile Championships in 48:51**
 - o 14th at 2023 U.S. Half Marathon Championships
- 2022 Results:
 - o January: 39th at Houston Half Marathon in 1:04:36
 - o March 2: 26th at U.S. 15K Road Championships in 48:39
 - o March 29: 18th in 3,000m Steeplechase at Stanford Invitational in 9:08.71
 - o June: 9th in 10,000m at Portland Track Festival in 30:07.40
- Notes:
 - o Former member of the U.S. Army's World Class Athlete Program where he served as an Ammunition Stock Control & Accounting Specialist

Merga Gameda, USA

Twitter handle: @merga_gameda

Instagram username: merga_gameda

Age: 25

Current Residence: Minnetonka, Minn.

Sponsor/Training Group: Minnesota Distance Elite

Bib: 20025

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 14:00.86 (2023)

10,000 meters: 28:58.12 (2023)

- College: University of South Dakota (Division I)
 - o Multiple-time All-Summit League
 - o 24th in 10,000m at 2023 NCAA West Preliminary Round
- Post-Collegiate:
 - o 5th in 5,000m at 2023 Portland Track Festival
- 2023 Results:
 - o June: 15th in 5,000m at Portland Track Festival in 14:41.03
 - o July: 11th in 5,000m at Sound Running's Sunset Tour in 14:21.22
 - o September: 15th at U.S. 10K Road Championships in 30:01
- Notes
 - o Moved to the United States with his family from Ethiopia when he was 12.

Paxton Smith, USA

Twitter handle: @Paxton55289564

Instagram username: paxtonsmith18

Age: 26

Current Residence: Doral, Florida

Bib: 20026

Personal Best 10 Mile: Debut

Additional Personal Bests

3,000 meters: 8:25.26 (2020)

5,000 meters: 14:09.19 (2022)

Half Marathon: 1:05:44 (2024)

Marathon: 2:17:24 (2022)

- College: University of Colorado – Boulder (NCAA Division I)
 - o Member of cross country and track & field teams on two Pac-12 Championship teams (2019 and 2021) and two podium teams at NCAA Cross Country Championships (2018 and 2019)
 - o 2022 NCAA West Preliminary Round qualifier in 10,000m
- Post-Collegiate
 - o 30th at 2022 Grandma's Marathon
 - o **14th at 2022 Medtronic Twin Cities Marathon in 2:32:20**
 - o 14th at 2023 Garry Bjorklund Half Marathon in 1:06:19
 - o 56th at 2023 California International Marathon
- 2024 Results:
 - o January: 3rd at Naples Half Marathon in 1:05:44
 - o February: 116th at U.S. Olympic Marathon Team Trials in 2:25:38

- March: 19th at U.S. 15K Road Championships in 46:48
- September: 24th at New Haven Road Race in 1:03:06
- Notes:
 - 8th grade middle school English teacher

Marcus Graham, USA

Twitter handle: @mgham17

Age: 28

Current Residence: Colorado Springs, Colorado

Sponsor/Training Group: The Colorado Springs Elite Running Coalition / Elmwood Athletics Team

Bib: 20028

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 14:32.49 (2023)

10,000 meters: 29:26.98 (2023)

Marathon: 2:17:37 (2023)

- College: University of Colorado at Colorado Springs / Flagler College:
 - 3-time NCAA Division II Championships Qualifier
- Post-Collegiate:
 - 26th at 2023 California International Marathon (debut)
 - 108th at 2024 U.S. Olympic Marathon Team Trials
- 2024 Results:
 - February: 108th at U.S. Olympic Marathon Team Trials in 2:24:24
- Notes
 - Battled injuries consistently in the last years of his college career – only ran 15 races in all of college and 12 of them were during his freshman year. Almost quit when entering grad school at UCCS, but decided to give it one more try and had a “healthy redemption year”, running PRs in everything 3K and up and qualified for DII Nationals in the 10,000m.

Matthew Lepine, USA

Twitter handle: @mattlepine341

Instagram username: mattlepine34

Age: 24

Current Residence: Minneapolis, Minnesota

Bib: 20029

Personal Best 10 Mile: Debut

Additional Personal Bests

3,000 meters: 8:17.68 (2022)

5,000 meters: 14:12.43 (2022)

- College:
 - Providence College (NCAA Division I)
 - 7th in 10,000m at 2022 BIG EAST Outdoor Championships
 - University of Minnesota – Twin Cities (NCAA Division I)
 - 74th at 2022 Big Ten Cross Country Championships
 - 11th in 5,000m at 2023 Big Ten Outdoor Championships
- Post-Collegiate:
 - 23rd in 5,000m at BU Valentine Invitational in 14:56.91

- 2024 Results:
 - o May: 12th at Brian Kraft Memorial 5K in 14:51
 - o July: 2nd at Excelsior Firecracker 10K in 31:42
- Notes:
 - o AI Content Writer for DataAnnotation and Volunteer Assistant Cross Country and Track & Field Coach at University of Minnesota – Twin Cities

Tyler Jermann, USA

Twitter handle: @TylerJermann

Instagram username: tylerjermann

Age: 32

Current Residence: St. Paul, Minnesota

Sponsor/Training Group: Minnesota Distance Elite

Bib: 20030

Personal Best 10 Mile: 48:31 (2022 Medtronic TC 10 Mile)

Additional Personal Bests

Half Marathon: 1:02:52 (2020)

Marathon: 2:12:40 (2020)

- College: Iowa State University (NCAA Division I)
 - o Three-time Academic All-Big 12 honoree
- Post-Collegiate
 - o Champion – 2017 USATF 50K Championships
 - o **5th at 2018 Medtronic Twin Cities Marathon**
 - o 18th at 2019 New York City Marathon
 - o **23rd at 2019 USATF 10 Mile Championships (hosted by Medtronic TC 10 Mile)**
 - o 4th at 2021 Grandma’s Marathon
 - o **26th at 2022 USATF 10 Mile Championships (hosted by Medtronic TC 10 Mile)**
 - o Champion – 2022 Jeff Winter City of Lakes Half Marathon
 - o 6th at 2022 USATF 25K Road Championships
 - o 11th at Houston Marathon in January
 - o 7th at 2023 Garry Bjorklund Half Marathon in 1:04:29
 - o 2023 Jeff Winter City of Lakes Half Marathon Champion
 - o 24th at 2023 Chicago Marathon
- 2024 Results:
 - o February: 121st at U.S. Olympic Marathon Team Trials in 2:26:01
 - o May: 13th at Amway River Bank 25K in 1:19:02
- Notes
 - o Married to another local Elite distance runner, Katy Jermann – who also trains with Minnesota Distance Elite
 - o Also works full-time as Chief Data Scientist for Sports Betting Innovative Analytics

Zev Caiyem, USA

Instagram username: thezevruns

Age: 28

Current Residence: Colorado Springs, Colo.

Sponsor/Training Group: Tracksmith / Elmwood Athletics Club

Bib: 20031

Personal Best 10 Mile: Debut

Additional Personal Bests

1500m: 4:08.1 (2024)

5,000m: 15:23.4 (2024)

10K Road: 32:33

Half Marathon: 1:10:56 (2022)

Marathon: 2:46:20 (2022)

- College: University of Colorado – Colorado Springs (NCAA Division II)
 - o Member of cross country / track & field teams, including cross country teams that finished 12th, 5th, 19th and 13th in the NCAA
- Post-Collegiate
 - o 6th at 2022 Mountains 2 Beach Half Marathon
 - o 2:46:20 at 2022 California International Marathon
- 2024 Results:
 - o July: 1st in Mixed 5,000m at Sound Running’s Sunset Tour in 15:38
- Notes:
 - o Assistant Coach at Regis University and also the Head Coach at Discovery Canyon High School
 - o [A Quest For My Best — Elmwood Athletics](#)

Spencer Brown, USA

Instagram username: theathletespecial

Age: 27

Current Residence: Boulder, Colorado

Bib: 20032

Personal Best 10 Mile: Debut

Additional Personal Bests

800 meters: 1:49.12 (2019)

1500 meters: 3:39.94 (2019)

3,000 meters: 7:58.08 (2022)

5 Miles Road: 24:20 (2021)

- College: Georgetown University (NCAA Division I)
 - o Multiple-time All-BIG EAST honoree
 - o NCAA East Preliminary Rounds qualifier in 1500m
- Post-Collegiate:
 - o 6th in 800m at 2021 Sound Running Invite
 - o 5th in 1500m at 2022 Portland Track Festival
 - o 5th in 800m at 2023 Oregon Twilight
- 2024 Results:
 - o August: 31st at Falmouth 7 Mile Road Race in 35:46
- Notes:
 - o Spencer has a significant social media following and an established, popular YouTube channel called The Athlete Special, documenting his running journey
 - o Former member of the Brooks Beasts

Jacob Riley, USA

Twitter handle: @JakeBillRiley

Instagram username: jakebillriley

Age: 35

Current Residence: Boulder, Colorado
Sponsor/Training Group: On / TEAM Boulder Elite
Bib:
Personal Best 10 Mile: 47:19 (2015 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 13:32.82 (2012)
10,000 meters: 27:59.37 (2015)
Half Marathon: 1:02:56 (2014)
Marathon: 2:10:02 (2020)

- College: Stanford University (NCAA Division I)
 - o 8-time All-American
 - o 3rd in 10,000m at 2010 NCAA Outdoor Championships
- Post-Collegiate:
 - o **Runner-up at 2012 U.S. 10 Mile Championships (hosted by TCM) in 47:22**
 - o 11th at 2014 Chicago Marathon
 - o **7th at 2015 U.S. 10 Mile Championships (hosted by TCM) in 47:19**
 - o 15th at 2016 U.S. Olympic Marathon Team Trials
 - o 12th in 10,000m at 2016 U.S. Olympic Track & Field Team Trials
 - o 9th at 2019 Chicago Marathon
 - o Runner-up at 2020 U.S. Olympic Marathon Team Trials
 - o 28th in Marathon at 2020 Tokyo Olympic Games
 - o 34th at 2022 Boston Marathon
 - o 54th at 2023 Berlin Marathon
- 2024 Results:
 - o April: 6th in 10,000m at Payton Jordan Invitational in 29:56.95
 - o June: 10th at Chicago 13.1 Half Marathon in 1:05:11
- Notes:
 - o Coached by Lee Troop
 - o Haglund's deformity surgery in 2022

Ethan Gregg, USA

Instagram username: ethan.gregg
Age: 23
Current Residence: Rochester Hills, Michigan
Sponsor/Training Group: Hansons-Brooks Original Distance Project
Bib:
Personal Best 10 Mile: Debut

Additional Personal Bests

3,000 meters: 8:01.23 (2023)
5,000 meters: 13:52.59 (2023)
10,000 meters: 28:40.35 (2023)

- College: University of Wisconsin – La Crosse (NCAA Division III)
 - o Three-time NCAA Champion and 10-time All-American
 - o 2023 NCAA Cross Country Champion
 - o Famously DQ'd for a false start in the 5,000m at the 2023 NCAA Outdoor Championships
- Post-Collegiate:

- 17th at 2024 U.S. 10K Road Championships
- 2024 Results:
 - March 8: 2nd in 5,000m at NCAA Indoor Championships in 14:00.3
 - March 9: 1st in 3,000m at NCAA Indoor Championships in 8:07.8
 - September: 17th at U.S. 10K Road Championships in 30:14
- Notes:
 - Season ending stress fracture in March 2024 that kept him from his senior outdoor season
 - Just signed with Hansons-Brooks this past summer

CarLee Stimpfel, USA

Instagram username: cstimpfe1

Age: 24

Current Residence: Rochester Hills, Michigan

Sponsor/Training Group: Hansons-Brooks Original Distance Project

Bib:

Personal Best 10 Mile: Debut

Additional Personal Bests

3,000 meters: 7:58.93 (2022)

5,000 meters: 13:45.55 (2021)

10,000 meters: 28:56.92 (2024)

- College:
 - Saginaw Valley University (NCAA Division II)
 - 9-time NCAA All-American
 - Michigan State University (NCAA Division I)
 - Multiple-time All-Big Ten Honoree
 - 38th in 10,000m at NCAA East First Round
- Post-Collegiate
 - 19th at 2024 U.S. 10K Road Championships
- 2024 Results:
 - February: 5th in 5,000m at Big Ten Indoor Championships in 14:09.88
 - May 10: 5th in 10,000m at Big Ten Outdoor Championships in 29:35.83
 - May 22: 38th in 10,000m at NCAA East First Round in 30:35.57
 - September: 19th at U.S. 10K Road Championships in 30:41
- Notes:
 - Just signed with Hansons-Brooks this summer

Shuaib Aljabaly, USA

Twitter handle: @aljaballer99

Instagram username: shuaib.aljabaly

Age: 24

Current Residence: Rochester Hills, Michigan

Sponsor/Training Group: Hansons-Brooks Original Distance Project

Bib:

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 13:45.44 (2023)

10,000 meters: 28:37.67 (2023)

- College:
 - o University of Wisconsin – Madison (NCAA Division I)
 - Multiple-time All-Big Ten honoree
 - 120th at 2018 NCAA Cross Country Championships
 - o University of Tulsa (NCAA Division I)
 - 26th in 10,000m at 2023 NCAA West Preliminary Round
- Post-Collegiate:
 - o 13th at 2024 U.S. 10K Road Championships
- 2024 Results:
 - o April: 14th in 5,000m at Payton Jordan Invitational in 14:46.92
 - o May 10: 6th in 10,000m at AAC Outdoor Championships in 31:19.11
 - o May 10: DNF in 5,000m at AAC Outdoor Championships
 - o September: 13th at U.S. 10K Road Championships in 29:52

Kirubel Erassa, USA

Twitter handle: @ErassaOk

Instagram username: kirubel_erassa

Age: 31

Current Residence: Colorado Springs, Colorado

Bib:

Personal Best 10 Mile: 47:23 (2018 Medtronic TC 10 Mile)

Additional Personal Bests

1500 meters: 3:38.26 (2019)

3,000 meters: 7:47.48 (2018)

5,000 meters: 13:12.71 (2021)

10,000 meters: 27:32.89 (2019)

Half Marathon: 1:00:44 (2022)

- College: Oklahoma State University (NCAA Division I)
 - o 7-time Big 12 Champion and three-time All-American
- Post-Collegiate:
 - o 12th in 5,000m at 2016 U.S. Olympic Track & Field Team Trials
 - o 7th at 2016 Minnesota Mile
 - o 3rd at 2017 U.S. 5K Road Championships
 - o 5th in 1,500m at 2018 USATF Outdoor Championships
 - o **4th at 2018 U.S. 10 Mile Championships (hosted by TCM) in 47:23**
 - o Represented U.S. at 2019 IAAF World Cross Country Championships
 - o 12th in 2 Mile at 2019 Prefontaine Classic
 - o 12th in 5,000m at 2021 U.S. Olympic Track & Field Team Trials
 - o 4th at 2022 Houston Half Marathon
 - o 9th at 2023 U.S. 8K Road Championships
- 2024 Results:
 - o May 15: 12th in 5,000m at Sparet5000m Stockholm in 14:09.07
 - o May 18: DNF in 10,000m at Night of the 10,000m PBs (not sure if pacing)
 - o September: 4th at U.S. 10K Road Championships in 28:50

Andrew Colley, USA

Twitter handle: @andrew_colley

Age: 33

Current Residence: Blowing Rock, North Carolina
Sponsor/Training Group: On ZAP Endurance
Bib:
Personal Best 10 Mile: 46:38 (2024 Cherry Blossom 10 Mile)

Additional Personal Bests

5,000 meters: 13:23.24 (2024)
10,000 meters: 28:05.05 (2024)
Half Marathon: 1:01:39 (2024)
Marathon: 2:11:22 (2023)

- College: North Carolina State University (NCAA Division I)
 - o Five-Time NCAA All-American
 - o 11-Time All-ACC Conference Performer
 - o 2013 ACC Cross Country Champion
 - o 7th at 2013 NCAA Cross Country Championships
- Post-Collegiate:
 - o 2020 Tallahassee Half Marathon Champion
 - o 6th at 2015 Great Edinburgh Cross Country
 - o **10th at 2018 USATF 10 Mile Championships (hosted by TCM) in 47:36**
 - o Runner-up at 2019 Grandma's Marathon
 - o 3rd at 2019 USATF Half Marathon Championships
 - o 2020 Tallahassee Half Marathon Champion
 - o **7th at 2022 U.S. 10 Mile Championships (hosted by TCM) in 46:47**
 - o Runner-up at 2023 U.S. Cross Country Championships
 - o Represented U.S. at 2023 World Athletics Cross Country Championships (placed 36th)
 - o 15th at 2023 Chicago Marathon
- 2024 Results:
 - o January: 9th at Houston Half Marathon in 1:01:39
 - o March: 6th in 5,000m at Raleigh Relays in 13:35.50
 - o April: 7th at U.S. 10 Mile Championships in 46:38
 - o May: 6th in 5,000m at Portland Track Festival in 13:23.24
 - o June: 8th in 10,000m at U.S. Olympic Track & Field Team Trials in 28:05.05
- Notes:
 - o Just got married to fellow 2024 MTC10 participant Tristin Van Ord two weeks ago!

Charlie Lawrence, USA

Twitter handle: @lawrence_char
Instagram username: lawrence_char
Age: 29
Current Residence: Boulder, Colorado
Bib:
Personal Best 10 Mile: 50:21 (2018 Medtronic TC 10 Mile)

Additional Personal Bests

Half Marathon: 1:04:14 (2018)
Marathon: 2:16:10 (2023)
50 Mile: 4:48:21 (2023)

- High School: Foley High School
 - o Two-time Minnesota State High School Champion in track & field
- College: University of Minnesota – Twin Cities (NCAA Division I)

- Two-time All-Region Cross Country honoree (2015, 2016) and All-Big Ten in 2016
- Post-Collegiate:
 - **36th at 2018 U.S. 10 Mile Championships (hosted by TCM) in 50:21**
 - 20th at 2018 U.S. Marathon Championships
 - 61st at 2020 U.S. Olympic Marathon Team Trials
 - **Runner-up at 2021 Medtronic Twin Cities Marathon in 2:20:13**
 - 34th at 2022 Houston Half Marathon
 - 12th at 2023 Garry Bjorklund Half Marathon
 - 14th at 2023 McKirdy Micro Marathon
 - 2024 U.S. Olympic Marathon Team Trials Qualifier
- 2024 Results:
 - January: 4th at Naples Half Marathon in 1:06:10
 - July: 1st at San Francisco Marathon in 2:22:30
- Notes:
 - Lawrence is the World Record Holder for the 50 Mile Run (4:48:21), breaking Jim Walmsley's record, and recently attempted to break the world record for the 100K in September 2024, but was unsuccessful.
 - Will be competing in the Indianapolis Monumental Marathon in November, then will be representing the U.S. at the 100k World Championships in Bangalore, India in December later this year.
 - Lawrence also paced Desiree Linden, fellow top American marathoner on the women's side of things, to a new American 50K record for women in April 2021.

2024 Women's Medtronic TC 10 Mile Field – Sorted by Personal Bests (PB)

NAME	COUNTRY	BIB	PB	<u>Athlete Biography Page #s</u>
Carrie Verdon	USA	20105	52:37	
Paige Wood	USA	20103	52:38	#20101 Chelangat 28
Tristin Van Ord	USA	20102	53:13	#20102 Van Ord 28
Natosha Rogers	USA		53:45	#20103 Wood 29
Elena Hayday	USA	20108	54:18	#20105 Verdon 30
Margaret Ludick	USA	20120	56:29	#20106 Yoshikawa 30
Kelsey Swenson	USA	20116	57:06	#20107 Gockley-Day 31
Laura Paulsen	USA	20115	58:00	#20108 Hayday 32
Kim Krezonoski	CANADA	20119	58:23	#20109 Markezich 32
Andrea Toppin	USA	20123	59:13	#20110 Parker 33
Amanda Mosborg	USA		1:01:27	#20111 Green 33
Mercy Chelangat	KENYA	20101	Debut	#20112 Boyd 34
Yumi Yoshikawa	JAPAN	20106	Debut	#20113 Feyen 35
Jessica Gockley-Day	USA	20107	Debut	#20114 Greitzer 35
Andrea Markezich	USA	20109	Debut	#20115 Paulsen 36
Kassandra Parker	USA	20110	Debut	#20116 Swenson 37
Claire Green	USA	20111	Debut	#20117 Paternain 37
Cleo Boyd	CANADA	20112	Debut	#20118 Mayfield 38
Dana Feyen	USA	20113	Debut	#20119 Krezonoski 38
Lexie Greitzer	USA	20114	Debut	#20120 Ludick 39
Julia Paternain	GREAT BRITAIN	20117	Debut	#20121 Odenheimer 39
Clara Mayfield	USA	20118	Debut	#20122 Ostrander 40
Jen Odenheimer	USA	20121	Debut	#20123 Toppin 41
Allie Ostrander	USA	20122	Debut	Cardin 41
Molly Born	USA		Debut	Rogers 42
Jessie Cardin	USA		Debut	Born 43
Everlyn Kemboi	USA		Debut	Kemboi 43
				Mosborg 44

Medtronic TC 10 Mile: Women

Mercy Chelangat, KEN

Twitter handle: @MercyChelangat0

Instagram username: mercy.chelangat.777363

Age: 27

Current Residence: Flagstaff, Arizona

Sponsor/Training Group: HOKA NAZ Elite

Bib: 20101

Personal Best 10 Mile: Debut

Additional Personal Bests

3,000 meters: 8:53.16i (2022)

5,000 meters: 15:17.28 (2022)

10,000 meters: 31:55.80 (2023)

Half Marathon: 1:08:58 (2024)

- College: University of Alabama (NCAA Division I)
 - o 10-time All-American
 - o 2-time NCAA Champion
 - o 8-time SEC Champion
 - o Champion – 2020 NCAA Division I Cross Country Championships
 - o 5th and 2nd, respectively, in the 5,000m and 10,000m at the 2021 NCAA Division I Track & Field Championships
 - o Runner-up at 2021 NCAA Division I Cross Country Championships
 - o Champion – 10,000m at the 2022 NCAA Division I Outdoor Track & Field Championships
- Post-Collegiate:
 - o 18th at 2023 Boston Half Marathon
 - o 3rd at Sound Running Cross Champs
- 2024 Results:
 - o January: 10th at Houston Half Marathon in 1:08:58
 - o March: 9th at Sound Running The TEN in 31:15.39
 - o April: 8th at BAA 5K in 15:32
 - o June: 13th in BAA 10K in 32:37
 - o September: 2nd at Philadelphia Distance Run Half Marathon in 1:10:22
- Notes:
 - o Her brother is Vincent Kiprop, another Alabama runner who was twice named the SEC Cross Country Men's Runner of the Year in 2017 and 2019
 - o She has a four-year-old daughter named Audrey

Tristin Van Ord, USA

Twitter handle: @tristinvanord

Instagram username: tristinvanord

Age: 30

Current Residence: Blowing Rock, North Carolina

Sponsor/Training Group: On ZAP Endurance

Bib: 20102

Personal Best 10 Mile: 53:13 (2022 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 15:42.78 (2024)

Half Marathon: 1:11:21 (2024)

Marathon: 2:25:58 (2024)

- College: Appalachian State University (NCAA Division I)
 - Multi-Time All-Sun Belt Conference Honoree
- Post-Collegiate:
 - 3rd at 2021 Grandma’s Marathon
 - 52nd at 2020 U.S. Olympic Marathon Team Trials
 - **23rd at 2019 USATF 10 Mile Championships in 57:01 (hosted by TCM)**
 - 5th at 2022 Rotterdam Marathon
 - **9th at 2022 U.S. 10 Mile Championships in 53:13 (hosted by TCM)**
 - 4th at 2023 Houston Marathon
 - 4th at 2023 U.S. 20K Road Championships
 - 14th at 2023 Chicago Marathon
- 2024 Results:
 - January: 17th at Houston Half Marathon in 1:11:21
 - February: 17th at U.S. Olympic Marathon Team Trials in 2:30:46
 - April 7: 12th at U.S. 10 Mile Championships in 54:31
 - April 26: 3rd in 5,000m at Penn Relays in 16:06.05
 - June: 14th in BAA 10K
 - July: 8th in U.S. 8K Road Championships in 26:41
- Notes:
 - Just got married to professional runner, fellow On ZAP Endurance team member and 2024 TC 10 Mile participant Andrew Colley two weeks ago!

Paige (Stoner) Wood, USA

Twitter handle: @PaigeStoner11

Instagram username: paigestoner11

Age: 28

Current Residence: Flagstaff, Arizona

Sponsor/Training Group: HOKA NAZ Elite

Bib: 20103

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

Additional Personal Bests

5,000 meters: 15:16.17 (2022)

10,000 meters: 31:22.55 (2022)

Half Marathon: 1:10:34 (2022)

Marathon: 2:26:02 (2022)

- College: Syracuse University (NCAA Division I)
 - Four-Time NCAA Division I All-American
 - Four-Time ACC Conference Champion
 - 2018 NCAA Division I Outdoor Track & Field Championships 3,000m Steeple – 3rd
- Post-Collegiate:
 - 7th in 3,000m Steeplechase at 2019 USATF Outdoor Championships
 - 8th in 2020 USATF 15K Championships
 - 7th at 2020 The Marathon Project Marathon
 - 34th in 10,000m at 2021 U.S. Olympic Track & Field Team Trials
 - 18th in 2021 B.A.A. Boston Marathon

- 12th in 10,000m at 2022 USATF Outdoor Championships
- 6th in 2023 Cowtown Half Marathon
- 2024 Results:
 - July: 14th at Boilermaker 15K in 53:17

Carrie (Verdon) Ellwood, USA

Instagram username: carrie.ellwoody

Age: 30

Current Residence: Boulder, Colorado

Sponsor/Training Group: T.E.A.M. Boulder Elite

Bib: 20105

Personal Best 10 Mile: 52:37 (2022 Cherry Blossom 10 Mile)

Additional Personal Bests

5,000 meters: 15:18.56 (2021)

10,000 meters 31:37.26 (2022)

Half Marathon: 1:10:11 (2021)

Marathon 2:31:51 (2021)

- College: University of Colorado – Boulder (NCAA Division I)
 - 20th at 2013 IAAF World U20 Cross Country Championships
 - 17th in 5,000m at 2014 NCAA Division I Outdoor Track & Field Championships
 - Multiple-time All-Pac 12 honoree
- Post-Collegiate:
 - **22nd at 2019 U.S. 10 Mile Championships (hosted by Medtronic TC 10 Mile) in 56:57**
 - 10th and 27th in 5,000m and 10,000m, respectively, at 2020 U.S Olympic Track & Field Team Trials
 - 7th at 2021 Chicago Marathon
 - 9th in 10,000m at 2022 USATF Outdoor Championships
 - Runner-up at 2022 Cherry Blossom 10 Mile in 52:37
 - 15th at 2022 Chicago Marathon
 - 8th at 2023 U.S. 10 Mile Championships
- 2024 Results:
 - February: 56th at U.S. Olympic Marathon Team Trials in 2:39:25
 - April: 6th in 5,000m at Mt. SAC Relays in 15:39.50
 - May 11: 10th in 10,000m at Sound Running Track Fest in 32:26.88
 - May 27: 8th at Bolder Boulder 10K in 33:55
 - June 8: 16th at New York Mini 10K in 33:07
 - June 29: 11th in 10,000m at U.S. Olympic Track & Field Trials in 32:28.07
 - September: 8th at U.S. 20K Championships in 1:08:36
- Notes:
 - Struggled with injuries in college, and after graduating took almost two years completely away from the sport before connecting with T.E.A.M. Boulder Elite Coach Lee Troop and returning to competitive running
 - Works full-time as a first-grade teacher

Yumi Yoshikawa, JPN

Twitter handle: @xxtoooooraxx

Instagram username: xxtoooooraxx

Age: 33

Current Residence: Kairaku, Chiba, Japan

Bib: 20106

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 15:24.36 (2023)

10,000 meters: 31:58.65 (2023)

Half Marathon: 1:10:07 (2021)

Marathon: 2:25:20 (2023)

- Professional:
 - o 12th in 3,000m Steeplechase at 2012 Japanese Championships
 - o Runner-up in 5,000m at 2018 Osaka All-Japan Corporate Team Championships
 - o 2020 Osaka Half Marathon Champion
 - o 6th at 2021 All Japan Corporate Team Half Marathon Championships
 - o 7th in 2022 Japan 10,000m Championships
 - o 5th at 2023 Osaka Women's Marathon in 2:25:20
 - o DNF at 2023 Japan Marathon Grand Championship (Paris Selection Race)
- 2024 Results:
 - o February: 8th in Kagawa Marugame Half Marathon in 1:11:22
 - o May: 11th at Bolder Boulder 10K in 35:44
 - o June: 15th in 5,000m at Japanese Championships in 15:55.18
 - o July 13: 12th in 3,000m at Hokuren Distance Challenge in 9:11.76
 - o July 20: 18th in 5,000m at Hokuren Distance Challenge in 15:59.06
- Notes:
 - o Was entered in 2024 Tokyo Marathon but did not end up running

Jessica Gockley-Day, USA

Instagram username: jessica.j.day

Age: 26

Current Residence: Fountain, Colorado

Bib: 20107

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 15:43.02 (2024)

10,000 meters: 32:16.98 (2024)

Half Marathon: 1:11:25 (2024)

- College: Grand Valley State University (NCAA Division II)
 - o Multiple-time All-GLIAC honoree and four-time GLIAC Champion
 - o 9-time NCAA Division II All-American
- Post-Collegiate:
 - o 2023 Portland Track Festival 5,000m Champion
- 2024 Results:
 - o January: 19th at Houston Half Marathon in 1:11:25
 - o March: 5th at Sound Running's The TEN in 32:38.57
 - o April: 4th in 5,000m at Bryan Clay Invitational in 15:43.02
 - o May: 5th in 10,000m at Sound Running Track Fest in 32:16.98
 - o June 9: 12th in 5,000m at Portland Track Festival in 15:53.93
 - o June 29: 21st in 10,000m at U.S. Olympic Track & Field Team Trials in 33:02.64

- September 2: 11th at New Haven 20K Road Race in 1:09:56
- Notes:
 - Paraprofessional at Fountain-Fort Carson School District in Fountain, CO

Elena Hayday, USA

Instagram username: elena_hayday

Age: 24

Current Residence: Minneapolis, Minnesota

Sponsor / Training Group: Tracksmith / Minnesota Distance Elite

Bib: 20108

Personal Best 10 Mile: 54:18 (2024 Cherry Blossom 10 Mile)

Additional Personal Bests

5,000 meters: 15:44.00 (2024)

10,000 meters: 32:31.41 (2024)

Half Marathon: 1:11:38 (2023)

Marathon: 2:30:51 (2023)

- High School: Bloomington Jefferson High School (MN)
 - Participated in cross country, track & field and volleyball
 - All-Conference and All-Section Honoree in cross country and track & field
 - Part of Bloomington Jefferson's Minnesota Class AA State Champion 4x400m relay team
- College: University of Minnesota – Twin Cities (NCAA Division I)
 - Competed for the Gophers for a brief period of time before moving on to focus on road running
 - 4th at 2021 Husker Triangular 5,000m
 - 5th at 2019 Jack's Run 6k
- Post-Collegiate:
 - **5th at 2021 Medtronic Twin Cities Marathon in 2:54:14**
 - 26th at 2021 USATF Half Marathon Championships
 - Runner-up at 2022 Garry Bjorklund Half Marathon
 - 16th at 2023 Houston Half Marathon
 - 18th at 2023 U.S. 10 Mile Championships
 - 7th at 2023 Grandma's Marathon
- 2024 Results:
 - March: 4th in 10,000m at Raleigh Relays in 32:41.24
 - April 7: 10th at U.S. 10 Mile Championships in 54:18
 - April 19: 1st in 5,000m at Virginia Challenge in 15:44.00
 - May 3: Runner-up in 5,000m at NYC Trials of Miles in 15:44.91
 - May 11: 11th in 10,000m at Sound Running Track Fest in 32:31.41
 - June: 6th at Grandma's Marathon in 2:31:50
- Notes:
 - Interesting article about Elena's story: [Elena Hayday: The Therapeutic Relief of Running – OISELLE](#)

Andrea Markezich, USA

Instagram username: amarkezich

Age: 24

Current Residence: Medina, Washington

Bib: 20109

Personal Best 10 Mile: Debut

Additional Personal Bests

3,000 meters: 9:18.21 (2024)

5,000 meters: 15:54.32 (2023)
10,000 meters: 32:36.16 (2024)

- College:
 - o University of Washington (NCAA Division I)
 - All-American and multiple-time All-Pac-12 honoree
 - o Notre Dame (NCAA Division I)
 - All-American at 2023 NCAA Cross Country Championships
 - Qualified for 10,000m at 2024 NCAA Outdoor Track & Field Championships (DNF)
- Post-Collegiate: No post-collegiate races yet
- 2024 Results:
 - o March: 2nd in 10,000m at Raleigh Relays in 32:36.16
 - o May 9: 15th in 5,000m at ACC Outdoor Championships in 16:18.42
 - o May 22: 6th in 10,000m at NCAA East First Round in 33:03.22
 - o June: DNF in 10,000m at NCAA Outdoor Championships
- Notes:
 - o Twin sister Olivia also ran at Notre Dame and is now a professional runner with the On Athletics Club
 - o Emerging Technology Specialist at Dell Technologies

Kassandra Parker, USA

Twitter handle: @Kassieparker199
Instagram username: kassie.parker19
Age: 25
Current Residence: Waverly, Iowa
Bib: 20110
Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 15:37.00 (2023)
10,000 meters: 32:36.22 (2023)

- College: Loras College (NCAA Division III)
 - o Seven-time NCAA Champion and 15-time All-American
 - o 15-time American Rivers Conference Champion
- Post-Collegiate:
 - o 18th at U.S. 5K Road Championships
 - o 7th at Sound Running Cross Champs 10k
- 2024 Results:
 - o January: 9th at U.S. Cross Country Championships 10k in 34:38
 - o March: 13th at Sound Running The Ten 10,000m in 33:54.18
 - o June: 12th in 10,000m at Portland Track Festival in 33:53.39
 - o July: 9th at U.S. 8K Road Championships in 27:06
- Notes:
 - o Ran for Hansons-Brooks Original Distance Project after graduating from Loras, but is not listed on the Hansons-Brooks roster anymore.

Claire Green, USA

Instagram username: clairegreen
Age: 28

Current Residence: San Luis Obispo, California
Sponsor/Training Group: Peninsula Distance Club
Bib: 20111
Personal Best 10 Mile: Debut

Additional Personal Bests

1500 meters: 4:15.60 (2024)
3,000 meters: 9:01.91 (2024)
5,000 meters: 15:30.46 (2024)

- College: The University of Arizona (NCAA Division I)
 - o Three-time All-American (cross country, indoor 3k and indoor mile)
- Post-Collegiate:
 - o Part of 2019 USATF Club Cross Country Champion team with HOKA Aggies
 - o 7th at 2022 Carlsbad 5K
 - o 4th in 5,000m at 2022 Portland Track Festival
 - o 5,000m Champion at 2023 Payton Jordan Invitational
- 2024 Results:
 - o January: 10th at U.S. Cross Country Championships 10k in 35:00
 - o April: 23rd in 5,000m at Bryan Clay Invitational in 15:38.14
 - o June 9: 1st in 5,000m at Portland Track Festival in 15:30.46
 - o June 21: 15th in 5,000m at U.S. Olympic Track & Field Trials in 16:54.40
 - o July: 17th in 5,000m at FAST5000 (France)
- Notes:
 - o After Covid, Claire moved to Colorado and decided to give the modern pentathlon a shot. She enjoys the challenge of learning how to fence, ride, and shoot, and is constantly learning from her coaches and competitors. Achieved 2nd place finisher at the 2021 USA Pentathlon World Cup Qualifier.
 - o Both her parents ran track & field for Cal Poly and her brother was an All-American at the University of Washington

Cleo Boyd, CAN

Instagram username: cleo_runs
Age: 31
Current Residence: Charlottesville, Virginia
Sponsor/Training Group:
Bib: 20112
Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 15:44.14 (2024)
10K Road: 33:12 (2024)
Half Marathon: 1:14:41 (2017)

- College: University of Virginia (NCAA Division I)
 - o Three-time NCAA Championships qualifier
 - o Four-time All-ACC honoree
- Post-Collegiate:
 - o Runner-up at 2017 Toronto Waterfront Half Marathon
 - o 2019 Victoria Half Marathon Champion
 - o 5,000m Champion at 2021 Ontario U20 Championships

- Runner-up at 2021 Canadian 10K Road Championships
- 3rd in 10,000m at Canadian Track & Field Championships
- 2024 Results:
 - February: 2nd in 5,000m at Boston University Valentine Invite in 15:49.32
 - April: 12th in 5,000m at Sound Running Track Fest in 16:10.08
 - May: 2nd at Canadian 10K Road Championships in 33:12
 - June: 9th in 5,000m at Canadian Track & Field Championships in 15:46.94
 - July: 7th in 1500m at The Canadian Track & Field League Final in 4:28.83
 - September: 3rd in Montreal 5K Road Race in 16:26

Dana Feyen, USA

Twitter handle: @FeyenDana

Age: 24

Current Residence: Trempealeau, Washington

Sponsor / Training Group: Minnesota Distance Elite

Bib: 20113

Personal Best 10 Mile: Debut

Additional Personal Bests

3,000 meters: 9:46.67 (2024)

5,000 meters: 16:35.53 (2024)

10,000 meters: 33:51.54 (2024)

- College: Iowa State University (NCAA Division I)
 - Multiple-time All-Big 12 honoree and NCAA Championships qualifier
 - 2024 Drake Relays 10,000m Champion
- Post-Collegiate:
 - No post-collegiate races yet
- 2024 Results:
 - February 23: 11th in 5,000m at Big 12 Indoor Championships in 16:35.53
 - February 24: 9th in 3,000m at Big 12 Indoor Championships in 9:46.67
 - April: 10,000m Champion at Drake Relays in 33:51.54
 - May 9: 6th in 10,000m at Big 12 Outdoor Championships in 34:50.94
 - May 11: 8th in 5,000m at Big 12 Outdoor Championships in 16:50.03
 - May 23: 24th in 10,000m at NCAA West First Round in 35:01.61
- Notes:
 - Joined Minnesota Distance Elite this summer after graduating

Lexie Greitzer, USA

Instagram username: lexiegreitzer

Age: 31

Current Residence: Colorado Springs, Colorado

Sponsor/Training Group: Tracksmith / Colorado Elite Running Coalition

Bib: 20114

Personal Best 10 Mile: Debut

Additional Personal Bests

10,000 meters: 34:13.42

Half Marathon: 1:15:39 (2022)

Marathon: 2:36:10 (2023)

- College:
 - o Indiana University (NCAA Division I)
 - Did not run on the varsity cross country / track & field teams, but ran on the club team.
 - o University of Colorado – Colorado Springs (NCAA Division II)
 - Was able to walk-on to the varsity cross country and track & field teams while in graduate school as a 25/26 year old
 - 6th in the 5,000m and 10,000m at the 2019 RMAC Outdoor Championships
- Post-Collegiate:
 - o 2019 Dallas Marathon Champion (debut)
 - o 13th at 2021 Trials of Miles NYC Project 13.1
 - o 48nd at 2021 California International Marathon
 - o 9th in 10,000m at 2022 Mt. SAC Relays
 - o 7th at 2022 Garry Bjorklund Half Marathon
 - o 17th at 2023 Grandma’s Marathon
- 2024 Results:
 - o May: 10th at Bolder Boulder 10K in 35:44
 - o July: 1st at July 4th Rock-It-Run Half Marathon in 1:21:45
- Notes:
 - o Certified Specialist in Sports Dietetics

Laura Paulsen, USA

Twitter handle: @theLauraPaulsen

Instagram username: laurap329

Age: 35

Current Residence: Plymouth, Minnesota

Bib: 20115

Personal Best 10 Mile: 58:00 (2015 Medtronic TC 10 Mile)

Additional Personal Bests

10K Road: 34:36 (2014)

Half Marathon: 1:16:37 (2016)

Marathon: 2:36:19 (2022)

- College: Johns Hopkins University (NCAA Division III)
 - o Four-Time NCAA All-American
 - o Two-Time Mideast Runner of the Year
- Post-Collegiate:
 - o 59th at 2016 U.S. Olympic Marathon Team Trials
 - o **20th at 2017 U.S. 10 Mile Championships in 1:00:32 (hosted by TCM)**
 - o **28th at 2018 U.S. 10 Mile Championships in 59:29 (hosted by TCM)**
 - o 2020 Walt Disney World Half Marathon Champion
 - o 235th at 2020 U.S. Olympic Marathon Team Trials
 - o 3rd at 2021 B.A.A. Boston Marathon (Mass Race)
 - o 16th at 2022 Houston Marathon
 - o **30th at 2022 U.S. 10 Mile Championships in 58:35 (hosted by TCM)**
- 2024 Results:
 - o February: 94th at U.S. Olympic Marathon Team Trials in 2:46:51
- Notes:
 - o Three-time Olympic Marathon Team Trials Qualifier (2016, 2020, 2024)

Kelsey Swenson, USA

Twitter handle: @KelseySwenson3

Instagram username: kelseyswen

Age: 23

Current Residence: Washington D.C.

Sponsor/Training Group: Georgetown Running Club

Bib: 20116

Personal Best 10 Mile: 57:06 (2024 Cherry Blossom 10 Mile)

Additional Personal Bests

3,000 meters: 9:28.12 (2024)

5,000 meters: 16:08.63 (2023)

10,000 meters: 33:21.11 (2023)

- College:
 - o University of Idaho (NCAA Division I)
 - Multiple-time All-Big Sky honoree
 - 2-time qualifier for the NCAA West Preliminary Round
 - o Georgetown University (NCAA Division I)
 - 109th at 2023 NCAA Cross Country Championships
 - 8th in 2024 Indoor 3,000m and 5th in 2024 Outdoor 10,000m at BIG EAST Championships
- Post-Collegiate:
 - o 19th at 2024 Cherry Blossom 10 Mile
- 2024 Results:
 - o February: 8th in 3,000m at BIG EAST Indoor Championships in 9:28.12
 - o May: 5th in 10,000m at BIG EAST Outdoor Championships in 35:10.04
- Notes:
 - o National Student Services Contractor for the EPA doing science communication

Julia Paternain, GBR

Instagram username: juliapaternain_

Age: 25

Current Residence: Flagstaff, Arizona

Sponsor/Training Group: McKirdy Trained

Bib: 20117

Personal Best 10 Mile: Debut

Additional Personal Bests

3,000 meters: 9:23.07 (2018)

5,000 meters: 16:00.10 (2019)

10,000 meters: 33:22.91 (2019)

- College:
 - o Penn State University (NCAA Division I):
 - 3-time NCAA Championships qualifier
 - o University of Arkansas (NCAA Division I):
 - 171st at 2021 NCAA Cross Country Championships
 - 7th in 5,000m at 2023 Drake Relays
 - 8th in 5,000m and Runner-up in 10,000m at 2023 SEC Championships
- Post-Collegiate:
 - o No races yet

- 2024 Results:
 - o August: 3rd in George Kyte Classic 2.5 Mile XC in 14:31.4

Clara Mayfield, USA

Instagram username: clara.mayfield

Age: 23

Current Residence: Manhattan, Kansas

Bib: 20118

Personal Best 10 Mile: Debut

Additional Personal Bests

3,000 meters: 9:35.01 (2023)

5,000 meters: 16:21.60 (2024)

10,000 meters: 33:38.65 (2024)

- College:
 - o Carleton College (NCAA Division III)
 - Led Carleton to the 2023 NCAA Cross Country team title (their first national title)
 - 8-time All-American
 - 15-time All-MIAC and 6-time MIAC Champion
 - o University of Utah (NCAA Division I)
 - Member of cross country / track & field teams as graduate student
 - 5th in 10,000m at 2023 Pac-12 Championships
 - 19th in 10,000m at 2023 NCAA West First Round
- Post-Collegiate:
 - o 12th at 2024 U.S. 10K Road Championships
- 2024 Results:
 - o September: 12th at U.S. 10K Road Championships in 34:08
- Notes:
 - o Still has track & field eligibility and will be competing for Utah in the spring, but out of cross country eligibility for this fall.

Kim Krezonoski, CAN

Twitter handle: @KimKrezon

Instagram username: kimkrezonoski

Age: 31

Current Residence: Toronto, Ontario

Sponsor/Training Group: Bat City Track Club

Bib: 20119

Personal Best 10 Mile: 58:23 (2022 Cherry Blossom 10 Mile)

Additional Personal Bests

Half Marathon: 1:13:58 (2023)

Marathon: 2:37:12 (2022)

- College: Midwestern State University (NCAA Division II)
 - o Multiple-time All-Lone Star Conference honoree
- Post-Collegiate:
 - o 15th at 2023 Toronto Waterfront Marathon
 - o 7th at 2023 Garry Bjorklund Half Marathon
 - o 31st at 2022 Cherry Blossom 10 Mile

- **3rd at 2017 TC 5K in 18:27**
- 2024 Results:
 - April: 26th at Boston Marathon in 2:40:50
- Notes:
 - Head Coach of Black Toe Running
 - Originally from Thunder Bay, Ontario, and her twin sister Michelle is also a top-level distance runner / marathoner. They were the 1st and 2nd Canadian women at the 2024 Boston Marathon.
 - [Kreznoski sisters eyeing 2028 Olympics - TBNewsWatch.com](https://www.tbnewswatch.com)

Margaret (Landberg) Ludick, USA

Twitter handle: @ludick_margaret

Age: 39

Current Residence: Minnetonka, Minnesota

Sponsor/Training Group: Mile to Marathon

Bib: 20120

Personal Best 10 Mile: 56:29 (2019 Medtronic TC 10 Mile)

Additional Personal Bests

Half Marathon: 1:14:08 (2023)

Marathon: 2:41:40 (2019)

- High School: White Bear Lake High School (Minn.)
 - 40th at 2001 Minnesota State Cross Country Championships
 - Two-time All-State in track & field (9th in 3200m as a freshman and 9th in 1600m as sophomore)
- College: University of North Dakota (NCAA Division I)
 - Two-time NCAA Cross Country Championships qualifier
 - Multiple-time All-NCC honoree
- Post-Collegiate:
 - Runner-up at 2015 Fargo Marathon
 - 58th at 2015 Berlin Marathon
 - **19th at 2019 U.S. 10 Mile Championships hosted by Medtronic TC 10 Mile**
 - 200th at 2020 U.S. Olympic Marathon Team Trials
 - Champion – 2021 Jeff Winter City of Lakes Half Marathon
 - Runner-up at 2022 Get in Gear 10K
 - 8th at 2023 Garry Bjorklund Half Marathon
- 2024 Results:
 - March: 1st at Minneapolis Frozen 5K in 17:16
 - **April: 1st at Get in Gear 10K in 34:45**
 - May: 1st at Brian Kraft Memorial 5K in 16:29
 - June: 15th at Grandma’s Marathon in 2:39:10
 - July: 4th at Hopkins Raspberry 1 Mile in 4:54
- Notes:
 - Works full-time as a Provider Recruitment Specialist at Fairview Health Services
 - Missed two years of training and racing from 2014–2016 due to foot surgery until joining Mile to Marathon and Coach Ron Hyland helped her get healthy

Jen Odenheimer, USA

Instagram username: jen.odenheimer

Age: 32

Current Residence: Portola Valley, California

Sponsor/Training Group: Peninsula Distance Club
Bib: 20121
Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 16:57 (2024)
Half Marathon: 1:16:35 (2024)
Marathon: 2:37:48 (2022)

- College: California Polytechnic State University – San Luis Obispo
 - o Did not participate in cross country / track & field, but was a member of the Triathlon Club
- Post-Collegiate:
 - o 50th at 2022 California International Marathon (debut)
 - o 39th at 2023 Chicago Marathon
 - o 33rd at 2023 Grandma's Marathon
 - o 11th at 2023 Eugene Marathon
 - o 2023 and 2024 Napa Valley Half Marathon Champion
- 2024 Results:
 - o March: 1st at Napa Valley Half Marathon in 1:16:35
 - o May: 6th at Bay to Breakers 12K in 46:41
 - o June 1: 4th at Impala Stampede 5K in 17:10
 - o June 1: 2nd at Marin Mile in 5:01.14
 - o July: 2nd at Tracksmith Twilight San Francisco 5,000m in 16:57
- Notes:
 - o Works for Apple as a Senior Interactive Producer

Allie Ostrander, USA

Twitter handle: @allie_ostrander
Instagram username: allie_ostrander
Age: 27
Current Residence: Boulder, Colorado
Sponsor/Training Group: NNormal
Bib: 20122
Personal Best 10 Mile: Debut

Additional Personal Bests

3,000 meters: 8:48.94 (2020)
3,000 meters Steeplechase: 9:21.82 (2024)
5,000 meters: 15:16.38 (2018)
10,000 meters: 32:06.71 (2019)

- College: Boise State University (NCAA Division I)
 - o 3-time NCAA Champion and 13-time All-American
 - o 3,000m Steeplechase Champion at 2017, 2018 and 2019 NCAA Outdoor Championships
 - o Runner-up at 2015 NCAA Cross Country Championships
- Post-Collegiate:
 - o 7th in 3,000m Steeplechase at 2019 IAAF World Championships
 - o 3,000m Champion at 2020 Millrose Games
 - o 8th in 3,000m Steeplechase at 2021 U.S. Olympic Track & Field Team Trials
 - o 7th in 3,000m Steeplechase at 2024 U.S. Olympic Track & Field Team Trials

- Represented the U.S. at the 2024 World Athletics Cross Country Championships
- 2024 Results:
 - January: 4th at U.S. Cross Country Championships 10k in 33:53
 - March: 30th at World Athletics Cross Country Championships 10k in 34:11
 - April: 4th in 3,000m Steeplechase at Payton Jordan Invitational in 9:37.65
 - May: 4th in 3,000m Steeplechase at Sound Running Track Fest in 9:32.87
 - June 8: 1st in 3,000m Steeplechase at Portland Track Festival in 9:24.70
 - June 27: 7th in 3,000m Steeplechase at U.S. Olympic Trials in 9:21.82
- Notes:
 - Dating fellow 2024 Medtronic TC 10 Mile participant Spencer Brown
 - Been very open about her struggles with mental health and eating disorders: [Allie Ostrander Opens Up About Her Recovery - 2024 Olympic Track Trials \(runnersworld.com\)](#)

Andrea Toppin, USA

Twitter handle: @atop1212

Instagram username: atop1212

Age: 31

Current Residence: Broomfield, Colorado

Sponsor/Training Group: Oiselle Haute Volee

Bib: 20123

Personal Best 10 Mile: 59:13 (2022 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 16:55.73 (2013)

15K Road: 54:13 (2019)

Half Marathon: 1:15:53 (2019)

Marathon: 2:42:22 (2018)

- College: Iowa State University (NCAA Division I)
 - Five-Time Academic All-Big 12 Honoree
- Post-Collegiate:
 - **10th at 2017 Medtronic Twin Cities Marathon in 2:52:53**
 - **31st at 2018 U.S. 10 Mile Championships in 59:57 (hosted by TCM)**
 - 17th at 2019 U.S. 15K Championships
 - DNF at 2020 U.S. Olympic Marathon Team Trials
 - 37th at 2022 Grandma's Marathon
 - **33rd at 2022 U.S. 10 Mile Championships (hosted by TCM) in 59:13**
- 2024 Results:
 - No results found
- Notes:
 - No results since 2022 (that I could find)
 - Doctor of Chiropractic

Jessie Cardin, USA

Instagram username: jes_jes6

Age: 28

Current Residence: Rochester Hills, Michigan

Sponsor/Training Group: Hansons-Brooks Original Distance Project

Bib:

Personal Best 10 Mile: Debut

Additional Personal Bests

5K Road: 15:51

10,000 meters: 32:27.67 (2024)

Half Marathon: 1:10:34 (2024)

Marathon: 2:33:34 (2022)

- College: Westfield State University (NCAA Division III)
 - o 27-time MASCAC Champion including 4 straight XC titles
 - o 3-time NCAA All-American and 6-time NCAA Qualifier
- Post-Collegiate:
 - o 10th at 2021 U.S. Half Marathon Championships
 - o 7th at 2022 U.S. 15K Road Championships
 - o 14th at 2022 Chicago Marathon
 - o 7th at 2022 USATF Club Cross Country Championships
 - o 10th at 2023 Houston Half Marathon
 - o 5th at 2023 U.S. 7 Mile Championships
- 2024 Results:
 - o April: 9th in 5,000m at Drake Relays in 16:03.30
 - o May: 23rd in 10,000m at Night of the 10,000m in 32:27.67
 - o September: 3rd at Philadelphia Distance Run Half Marathon in 1:10:35

Natosha Rogers, USA

Instagram username: natosha_rogers

Age: 33

Current Residence: Concord, Massachusetts

Sponsor/Training Group: PUMA Elite

Bib:

Personal Best 10 Mile: 53:45 (2017 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 14:52.21 (2023)

10,000 meters: 30:48.69 (2023)

Half Marathon: 1:09:36 (2021)

Marathon: 2:34:51 (2024)

- College: Texas A&M University (NCAA Division I)
 - o 3-time NCAA All-American
 - o 10,000m at Champion at 2012 NCAA Outdoor Championships
- Post-Collegiate:
 - o **7th at 2016 U.S. 10 Mile Championships (hosted by TCM) in 54:31**
 - o **Runner-up at 2017 U.S. 10 Mile Championships (hosted by TCM) in 53:45**
 - o 23rd at 2017 IAAF World Cross Country Championships
 - o 15th at 2021 U.S. 10 Mile Championships
 - o 7th in 10,000m at 2021 U.S. Olympic Track & Field Team Trials
 - o Runner-up at 2021 U.S. Half Marathon Championships
 - o 15th in 10,000m at 2022 World Athletics Outdoor Championships
 - o 14th in 10,000m at 2023 World Athletics Outdoor Championships
 - o 4th in 10,000m at 2023 Sound Running The TEN
- 2024 Results:
 - o February: 28th at U.S. Olympic Marathon Team Trials in 2:34:51

- June 21: 9th in 5,000m at U.S. Olympic Track & Field Team Trials in 16:28.16
- June 29: 12th in 10,000m at U.S. Olympic Track & Field Team Trials in 32:28.70
- July: 3rd at U.S. 8K Road Championships in 26:11
- August 3: 8th at Beach to Beacon 10K Road Race in 32:44
- August 18: 8th at Falmouth Road Race in 37:04
- September: Runner-up at U.S. 10K Road Championships in 32:00

Molly Born, USA

Age: 24

Current Residence: Concord, Massachusetts

Bib:

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 15:20.89 (2024)

10,000 meters: 32:27.18 (2024)

- College: Oklahoma State University (NCAA Division I)
 - 4-time All-American
 - 16th at 2019 NCAA Cross Country Championships
 - 4th in 10,000m at 2024 NCAA Outdoor Championships
- Post-Collegiate:
 - 15th in 5,000m at 2024 U.S. Olympic Track & Field Team Trials
- 2024 Results:
 - February: 2nd in 5,000m at Big 12 Indoor Championships in 15:35.62
 - March: 6th in 5,000m at NCAA Indoor Championships in 15:20.89
 - April: 2nd in 10,000m at Bryan Clay Invitational in 33:17.15
 - May: 1st in 5,000m at Big 12 Outdoor Championships in 16:13.77
 - June 6: 4th in 10,000m at NCAA Outdoor Championships in 32:27.18
 - June 24: 15th in 5,000m at U.S. Olympic Track & Field Team Trials in 16:00.81

Everlyn Kemboi, USA

Twitter handle: @EverlynKemboi

Instagram username: am_just_eva

Age: 28

Current Residence: El Paso, Texas

Bib:

Personal Best 10 Mile: Debut

Additional Personal Bests

5,000 meters: 15:20.67 (2023)

10,000 meters: 31:28.18 (2024)

Half Marathon: 1:12:33 (2024)

- College:
 - El Paso Community College (NJCAA)
 - 4-time All-American and runner-up 2018 NJCAA Cross Country Championships
 - Utah Valley University (NCAA Division I)
 - 4-time All-American
 - 10-time All-WAC and 9-time WAC Champion

- 10,000m Champion at 2023 NCAA Outdoor Championships
 - 5,000m Runner-up at 2023 NCAA Outdoor Championships
- Post-Collegiate:
 - 10th at 2023 Falmouth Road Race
- 2024 Results:
 - March: 12th in 10,000m at Sound Running's The TEN in 31:28.18
 - May 5: 3rd at Pittsburgh Half Marathon in 1:12:33
 - May 11: 4th in 10,000m at Sound Running's Track Fest in 32:15.63
 - June: 14th at New York Mini 10K in 32:58
 - August: 5th at Falmouth Road Race in 36:25
- Notes:
 - Favorite athletes are Faith Kipyegon and Sifan Hassan, and she is related to professional distance runner Gideon Kipketer

Amanda Mosborg, USA

Twitter handle: @amandagracie7

Instagram username: amandagracie7

Age: 25

Current Residence: St. Paul, Minnesota

Sponsor/Training Group: Collegeville Track Club

Bib:

Personal Best 10 Mile: 1:01:27 (2022 Medtronic TC 10 Mile)

Additional Personal Bests

5,000 meters: 16:51.79 (2022)

Marathon: 2:47:47 (2024)

- High School: Edina High School
 - Three-time All-State honoree in cross country, but never qualified for Minnesota state track meet
 - 6th at 2016 MSHSL Cross Country Championships, leading Edina to team title
 - 80th at 2016 Nike Cross Nationals (Edina 12th as team)
- College:
 - Carleton College (NCAA Division III)
 - 8-time All-MIAC and 2-time MIAC Champion
 - 13th at 2019 NCAA Cross Country Championships (All-American)
 - Northwestern University (NCAA Division I)
 - Participated in cross country / track & field as a graduate student
 - 61st at 2021 Big Ten Cross Country Championships
- Post-Collegiate:
 - **8th at 2022 Medtronic TC 10 Mile in 1:01:27**
 - **4th at 2023 Get in Gear 10K**
 - 8th at 2023 Brian Kraft Memorial 5K
- 2024 Results:
 - May: 4th at Brian Kraft Memorial 5K in 17:39
 - June: 31st at Grandma's Marathon in 2:47:47
 - July: 5th at Hopkins Raspberry Run 1 Mile in 5:01
- Notes:
 - User Experience Researcher for ICF Next