

**PROFESSIONAL
ATHLETE
BIOGRAPHIES**



2024

2024 Prize Money Breakdown

Open Men & Women

1 st	\$10,000
2 nd	\$5,000
3 rd	\$3,000
4 th	\$2,000
5 th	\$1,500
6 th	\$1,250
7 th	\$1,000
8 th	\$900
9 th	\$750
10 th	\$600

Wheelchair Men & Women

1 st	\$1,000
2 nd	\$500
3 rd	\$250

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



\$20,000 Best of the Midwest Invitational – New in 2024!

Men's & Women's BOMWI Marathon Prize Money

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

The Best of the Midwest Invitational is a “race within a race” in the Medtronic Twin Cities Marathon for professional or aspiring professional athletes with running ties to the Midwest. Athletes accepted into the “Best of the Midwest” program will compete for a dedicated \$20,000 prize purse and will receive full professional athlete amenities. **Eligible States:** Illinois, Indiana, Michigan, Ohio, Iowa, Nebraska, Wisconsin, North Dakota, South Dakota, Missouri, Minnesota, and Kansas



Entire 2024 Men’s Professional Field – Sorted by Personal Bests (PB)

NAME	COUNTRY	BIB	PB
Dominic Ondoro	KENYA	2	2:08:00
Milton Rotich	KENYA	8	2:08:55
Cosmas Kiplimo	KENYA	3	2:09:44
Kevin Lewis	USA	4	2:12:02
Kevin Lynch	USA	5	2:12:49
Kahsay Atsbeha	ETHIOPIA	16	2:13:19
Shadrack Kimining	KENYA	1	2:14:59
Will Norris	USA	10	2:15:32
Habtamu Cheney	USA	11	2:15:43
Abinet Adraro	USA	6	2:15:51
Daniel Docherty	USA	12	2:15:55
Ben Olson	USA	15	2:16:04
Benjamin Schneiderman	USA	14	2:16:22
Dylan Belles	USA	13	2:16:59
Kevin McDonnell	USA		2:17:22
Peter Falcon	USA	17	2:19:51
Tesfu Twelde	ERITREA	9	2:20:18
Garrett Ehlers	USA	20	2:22:53
Arturs Bareikis	LATVIA	24	2:23:15
Kevin Kirk	USA	21	2:23:19
Cody Sedbrook	USA	23	2:24:50
Christopher Brenk	USA	26	2:28:53
Nicholas Jacobson	USA	25	2:29:49
Kaleb Coston	USA	22	2:36:20
Matthew Richtman	USA	7	Debut
Henry Klitzke	USA	18	Debut
Josh Jarpey	USA	19	Debut
WHEELCHAIR FIELD			
Wyatt Willand	USA	201	1:31:16
Valera “Jacob” Allen	USA	202	1:36:56
Fidel Aguilar	MEXICO	203	1:37:58

Athlete Biographies
Table of Contents

NAME	PAGE #
#1 Kimining	5
#2 Ondoro	5
#3 Kiplimo	6
#4 Lewis	6
#5 Lynch	7
#6 Adraro	7
#7 Richtman	8
#8 Rotich	9
#9 Twelde	9
#10 Norris	10
#11 Cheney	10
#12 Docherty	11
#13 Belles	12
#14 Schneiderman	13
#15 Olson	13
#16 Atsbeha	14
#17 Falcon	14
#18 Klitzke	15
#19 Jarpey	15
#20 Ehlers	16
#21 Kirk	16
#22 Coston	17
#23 Sedbrook	17
#24 Bareikis	18
#25 Jacobson	18
#26 Brenk	19
McDonnell	19
#201 Willand	20
#202 Allen	21
#203 Aguilar	21



2024 Best of Midwest Men's Field – Sorted by Personal Bests (PB)

Athlete Biographies Table of Contents

NAME	COUNTRY	BIB	PB
Kevin Lewis	USA	4	2:12:02
Will Norris	USA	10	2:15:32
Daniel Docherty	USA	12	2:15:55
Ben Olson	USA	15	2:16:04
Peter Falcon	USA	17	2:19:51
Tesfu Twelde	ERITREA	9	2:20:18
Garrett Ehlers	USA	20	2:22:53
Arturs Bareikis	LATVIA	24	2:23:15
Cody Sedbrook	USA	23	2:24:50
Christopher Brenk	USA	26	2:28:53
Nicholas Jacobson	USA	25	2:29:49
Kaleb Coston	USA	22	2:36:20
Matthew Richtman	USA	7	Debut
Henry Klitzke	USA	18	Debut
Josh Jarpey	USA	19	Debut

NAME	PAGE #
#4 Lewis	6
#7 Richtman	8
#9 Twelde	9
#10 Norris	10
#12 Docherty	11
#15 Olson	13
#17 Falcon	14
#18 Klitzke	15
#19 Jarpey	15
#20 Ehlers	16
#22 Coston	17
#23 Sedbrook	17
#24 Bareikis	18
#25 Jacobson	18
#26 Brenk	19

Medtronic Twin Cities Marathon: Men

*** = Best of Midwest Invitational Participant**

Shadrack Kimining, KEN

Twitter handle: @KiminingSK

Instagram username: kiminingsk

Age: 28

Current Residence: Iten, Kenya

Sponsor/Training Group: ASICS

Bib: 1

Personal Best Marathon: 2:14:59 (2024 Houston Marathon)

Additional Personal Bests

10K Road: 28:08 (2022)

10 Miles: 45:48 (2022)

Half Marathon: 59:27 (2020)

- Professional:
 - o 2016 Cardiff Half Marathon Champion (Great Britain)
 - o 5th at 2019 Valencia Half Marathon (Spain)
 - o 3rd at 2020 Houston Half Marathon
 - o 2nd at 2022 Riga Half Marathon (Latvia)
 - o 4th at 2023 Atlanta Half Marathon
- 2024 Results:
 - o January: 12th at Houston Marathon in 2:14:59 (debut)
 - o April 7: 8th at Cherry Blossom 10 Mile in 46:46
 - o April 21: DNF at London Marathon
- Notes:
 - o DNF at London Marathon three times (2020, 2023 and 2024) – not sure if he was pacing or if they were true DNFs.

Dominic Ondoro, KEN

Twitter handle: @dpondoro

Age: 36

Current Residence: Grand Prairie, Texas

Sponsor/Training Group: adidas / AmeriKenyan Running Club

Bib: 2

Personal Best Marathon: 2:08:00 (2013 Tiberias [Israel] Marathon)

Additional Personal Bests

8K Road: 22:33 (2015)

10K Road: 28:04 (2017)

10 Miles Road: 47:05 (2014)

Half Marathon: 1:01:45 (2013)

- Professional:
 - o Champion – 2011 and 2012 Helsinki City Marathon
 - o Champion – 2013 Melbourne Marathon
 - o Champion – 2014 and 2022 Grandma's Marathon

- Runner-up – 2015 and 2023 Grandma’s Marathon
- **Champion – 2015, 2016, 2017 and 2019 Medtronic Twin Cities Marathon**
- Champion – 2017 and 2023 Houston Marathon
- 2024 Results:
 - None
- Notes:
 - Course record holder of both Grandma’s Marathon (2:09:06 in 2014) and Twin Cities Marathon (2:08:51 in 2016)
 - Trains with Elisha Barno, 5-time Grandma’s Marathon champion & 2018 Medtronic Twin Cities Marathon champion as well as three-time runner-up
 - Was at one point (and potentially still is) coached by Yobes Ondieki, the 1991 World Champion at 5,000 meters for Kenya and former 10,000m world record holder

Cosmas Kiplimo, KEN

Age: 31

Current Residence: Minneapolis, Minnesota

Bib: 3

Personal Best Marathon: 2:09:44 (2022 Linz Donau Marathon [Austria])

Additional Personal Bests

5,000 meters: 14:05.46 (2019)

- Professional:
 - 12th in the 5,000m at 2019 Kenya Defense Forces Championship
 - 11th at 2022 Linz Donau Marathon
 - 3rd at 2023 Geneve Marathon (Switzerland)
 - 8th at 2023 Riyadh Marathon (Saudi Arabia)
- 2024 Results:
 - March: 2nd at Los Angeles Marathon in 2:11:06
 - June: 3rd at Grandma’s Marathon in 2:12:22

***Kevin Lewis, USA**

BOMWI State: Minnesota

Twitter handle: @KevinLewisUI

Instagram username: kevin.iowa

Age: 31

Current Residence: Richfield, Minnesota

Sponsor/Training Group: Minnesota Distance Elite

Bib: 4

Personal Best Marathon: 2:12:02 (2020 The Marathon Project)

Additional Personal Bests

3,000 meters: 7:57.06 (2015)

5,000 meters: 13:43.70 (2015)

10 Miles Road: 48:25 (2019)

Half Marathon: 1:02:48 (2020)

- College: University of Iowa (NCAA Division I)
 - 16th in 5,000m at 2015 NCAA Division I Outdoor Track & Field Championships
 - 5th in 10,000m at 2015 Big Ten Outdoor Track & Field Championships
 - 6th at 2014 Big Ten Cross Country Championships

- Post-Collegiate:
 - o 13th in 10,000m at 2018 USATF Outdoor Championships
 - o 14th at 2020 The Marathon Project in 2:12:02
 - o 39th at 2020 U.S. Olympic Marathon Team Trials
 - o 21st at 2021 New York City Marathon
 - o **31st at 2022 U.S. 10 Mile Championships (hosted by TCM) in 48:40**
 - o 6th at 2022 Los Angeles Marathon
- 2024 Results:
 - o January: 22nd at Houston Half Marathon in 1:03:48
 - o February: 144th at U.S. Olympic Marathon Team Trials in 2:36:34
 - o April: 2nd at Get in Gear Half Marathon in 1:06:32
 - o May: 11th at Brian Kraft 5K in 14:48
 - o June: 23rd at Grandma's Marathon in 2:22:48
 - o September: 1st at City of Lakes Half Marathon in 1:05:23

Kevin Lynch, USA

Instagram username: kevinlynch

Age: 30

Current Residence: Eagle Mountain, Utah

Sponsor/Training Group: rabbit ELITE / Runners Corner

Bib: 5

Personal Best Marathon: 2:12:49 (2023 Grandma's Marathon)

Additional Personal Bests

3,000 meters: 8:14.87 (2018)

5,000 meters: 14:26.21 (2020)

10,000 meters: 30:43.35 (2019)

- College: Utah Valley State University (NCAA Division I)
 - o Two-time WAC conference athlete of the year
 - o Back-to-back WAC conference cross country champion
- Post-Collegiate:
 - o 2022 Big Bear Marathon Champion
 - o 2023 Salt Lake City Marathon Champion
 - o 9th at 2023 Grandma's Marathon Champion
- 2024 Results:
 - o February: DNF at U.S. Olympic Marathon Team Trials
- Notes:
 - o Brother Jason qualified for and ran the 2020 U.S. Olympic Marathon Team Trials (finished 65th in 2:21:03)
 - o Has had quite a few injuries over the years from running: collapsed lung, dislocated SI joint, ruptured Baker's cyst, bursitis in his knee and hip, torn plantar, stress fracture, Morton's neuroma, torn ACL, torn ligaments in back, herniated disk and pinched nerve in back
 - o Mid-Market Sales Manager at BILL, a financial automation software company

Abinet Adraro, USA

Age: 37

Current Residence: Albuquerque, New Mexico

Bib: 6

Personal Best Marathon: 2:15:51 (2023 California International Marathon)

Additional Personal Bests

10K Road: 29:53 (2018)

10 Miles: 47:27 (2018 Medtronic TC 10 Mile)

Half Marathon: 1:02:09 (2019)

- Professional:

- o 2016 Albuquerque Chips and Salsa Marathon Champion
- o 2017 San Diego Half Marathon Champion
- o 19th at 2018 Houston Marathon
- o **7th at 2018 U.S. 10 Mile Championships (hosted by Medtronic TC 10 Mile)**
- o DNF at 2020 U.S. Olympic Marathon Team Trials
- o 10th at 2023 California International Marathon

- 2024 Results:

- o March: 17th at U.S. 15K Road Championships in 46:31

- Notes:

- o Married to Biruktayit Degefa – 3x winner of the Houston Marathon. They met after he was a spectator there when she ran in 2015.

***Matthew Richtman, USA**

BOMWI State: Illinois

Twitter handle: @Matrichtman

Instagram username: richtman13

Age: 24

Current Residence: Elburn, Illinois

Bib: 7

Personal Best Marathon: Debut

Additional Personal Bests

1500 meters: 3:47.99

3,000 meters: 8:17.61

5,000 meters: 13:47.04

10,000 meters: 28:21.79

- College:

- o Bradley University (NCAA Division I):
 - Three-time All-Missouri Valley Conference Honoree
- o Montana State University (NCAA Division I)
 - Multiple-time All-Big Sky Honoree
 - Two-time cross country All-American (40th in 2022 and 26th in 2023)

- Post-Collegiate:

- o No post-collegiate races yet (graduated from Montana State in May 2024)

- 2024 Results:

- o February 23: 6th in 3,000m at Big Sky Indoor Championships in 8:17.61
- o February 24: 9th in 5,000m at Big Sky Indoor Championships in 14:13.31
- o March 29: 17th in 10,000m at Stanford Invitational in 28:21.79
- o April 11: 9th in 5,000m at Bryan Clay Invitational in 13:47.04
- o May 8: 2nd in 10,000m at Big Sky Outdoor Championships in 29:01.33
- o May 11: 3rd in 5,000m at Big Sky Outdoor Championships in 14:07.27
- o May 22: 14th in 10,000m at NCAA West First Round in 29:01.33
- o May 25: 25th in 5,000m at NCAA West First Round in 14:21.17

- Notes:
 - o Originally from Illinois, went away for school and now is back while training for marathons. All his family is from the Midwest, and he plans to move to Minnesota or Wisconsin soon.

Milton Rotich, KEN

Instagram username: miltonkrotich

Age: 38

Current Residence: Duluth, Minnesota

Bib: 8

Personal Best Marathon: 2:08:55 (2013 Casablanca Marathon)

Additional Personal Bests

1,500 meters: 3:48.93 (2012)

10K Road: 27:46 (2011)

Half Marathon: 1:00:43 (2012)

- Professional:
 - o 5th at 2012 Valencia (Spain) Half Marathon
 - o Champion – 2013 Casablanca (Morocco) Marathon
 - o Champion – 2014 Algeria Marathon
 - o 7th – 2016 Valencia Marathon
 - o 6th – 2017 Grandma’s Marathon
 - o Runner-up at 2017 Athens (Greece) Classic Marathon
 - o 5th – 2018 Garry Bjorklund Half Marathon
 - o Runner-up at 2019 Philadelphia Marathon
 - o 4th – 2021 California International Marathon
 - o Champion – 2021 Grandma’s Marathon
 - o Runner-up at 2023 California International Marathon
- 2024 Results:
 - o August: 2nd at Rio Grande Half Marathon in 1:14:27
- Notes:
 - o Enjoyed his time in Duluth after winning the 2021 Grandma’s Marathon so much that he decided to stay in Duluth for the rest of the summer, going on to also win the historic Park Point 5 Miler (unsure if he still lives in Duluth now or if he lives in Duluth full-time). First person to win both Grandma’s Marathon and Park Point 5 Miler in the same year.

***Tesfu Twelde, ERI**

BOMWI State: Wisconsin

Age: 27

Current Residence: Flagstaff, Arizona

Sponsor/Training Group: McKirdy Trained

Bib: 9

Personal Best Marathon: 2:20:18 (2024 Los Angeles Marathon)

Additional Personal Bests

3,000 meters: 8:00.70 (2016)

5,000 meters: 13:29.16 (2019)

10,000 meters: 28:39.40 (2019)

- Professional:
 - o Runner-up in 1,500m at 2013 IAAF World Youth Championships

- 8th in 1,500m at 2015 All-Africa Games
- 70th at 2019 IAAF World Cross Country Championships
- 12th at 2022 Mesa Half Marathon
- 2024 Results:
 - March: 5th at Los Angeles Marathon in 2:20:18
 - May: 15th at Bolderboulder 10K in 32:30
- Notes:
 - Tesfu's family is on asylum in Wisconsin, and he spends as much time there as possible.

***Will Norris, USA**

BOMWI State: Iowa

Instagram username: @willdnorris

Age: 29

Current Residence: Charlottesville, Virginia

Sponsor/Training Group:

Bib: 10

Personal Best Marathon: 2:15:32 (2022 Grandma's Marathon)

Additional Personal Bests

Half Marathon: 1:05:21 (2023)

25K Road: 1:19:21 (2023)

- College: Northwestern College (NAIA)
 - Two-time NAIA All-American
 - 3rd at 2016 NAIA Cross Country Championships
 - 4th in 10,000m at 2017 NAIA Outdoor Championships
- Post-Collegiate:
 - 2018 Toronto Waterfront Half Marathon Champion
 - 2019 Victoria Half Marathon Champion
 - 42nd at 2020 U.S. Olympic Marathon Team Trials
 - 5th at 2021 Grandma's Marathon
 - 4th at 2022 Washington D.C. Rock 'n' Roll Half Marathon
 - 8th at 2023 U.S. 25K Road Championships
 - 11th at 2023 Garry Bjorklund Half Marathon
- 2024 Results:
 - February: 62nd at U.S. Olympic Marathon Team Trials
 - July: Runner-up in 5,000m at Canadian Track & Field League Final in 14:30.87
- Notes:
 - Moved to Boulder, CO after college to pursue running. Ended up meeting his wife there and moved to Virginia so she could pursue her PhD at University of Virginia. Misses Iowa / the Midwest and hopes to move back soon.
 - Minneapolis is his favorite city in the U.S., and he tries to attend Grandma's Marathon every year
 - As Will is originally from Iowa, Iowan Phil Coppess inspires him – former TCM record holder

Habtamu Cheney, USA

Twitter handle: @runnerhabs

Instagram username: runnerhabs

Age: 25

Current Residence: Provo, Utah

Sponsor/Training Group: BANDIT

Bib: 11

Personal Best Marathon: 2:15:43 (2024 U.S. Olympic Marathon Team Trials)

Additional Personal Bests

10,000 meters: 28:54.31 (2024)

15K Road: 45:46 (2024)

20K Road: 1:00:36 (2024)

- College: Utah Valley University (NCAA Division I)
 - o 4-time WAC Conference Champion
- Post-Collegiate:
 - o 15th at 2023 McKirdy Micro Marathon
 - o 19th in 10,000m at 2023 USATF Outdoor Championships
 - o 3rd at 2023 Garry Bjorklund Half Marathon
- 2024 Results:
 - o February: 22nd at U.S. Olympic Marathon Team Trials in 2:15:43
 - o March: 12th at U.S. 15K Road Championships in 45:46
 - o June: 12th in 10,000m at Portland Track Festival in 28:54.31
 - o September: 10th at New Haven 20K Road Race in 1:00:36
- Notes:
 - o Adopted from Ethiopia and grew up in Arizona before moving to Utah for college
 - o Spent most of his college years with Achilles injuries – a partial tear and surgery for Haglund’s deformity

***Daniel Docherty, USA**

BOMWI State: Minnesota

Twitter handle: @danjamdoc

Instagram username: danny.doc

Age: 34

Current Residence: St. Paul, Minnesota

Sponsor/Training Group: El Jefe Running

Bib: 12

Personal Best Marathon: **2:15:55 (2019 Medtronic Twin Cities Marathon)**

Additional Personal Bests

10,000 meters: 29:16.46 (2012)

10 Miles Road: 49:19 (2021 Medtronic TC 10 Mile)

Half Marathon: 1:03:47 (2019)

- Cretin-Derham Hall High School:
 - o Top Minnesota high school runner in his years at CDH
- College: Loyola University – Chicago (NCAA Division I)
 - o Multiple-time All-Horizon League honoree
- Post-Collegiate:
 - o 15th at the 2017 USATF 7 Mile Championships
 - o **29th at the 2018 U.S. 10 Mile Championships (hosted by the Medtronic TC 10 Mile)**
 - o **3rd at 2019 Medtronic Twin Cities Marathon**
 - o 6th at 2020 Miami Marathon
 - o 88th at 2020 U.S. Olympic Marathon Team Trials
 - o **2021 TC 5K, TC 10K and Medtronic TC 10 Mile Champion**
 - o 28th at 2022 Grandma’s Marathon

- **2022 TC 5K and TC 10K Champion**
- **47th at 2022 U.S. 10 Mile Championships (hosted by Medtronic TC 10 Mile)**
- **2023 Get in Gear 10K Champion**
- 49th at 2023 Grandma's Marathon
- 2024 Results:
 - February: 63rd at U.S. Olympic Marathon Team Trials in 2:20:41
 - March: 1st at Hot Dash 10K in 30:53
 - April: 6th at Get in Gear 10K in 31:47
 - March: 13th at Brian Kraft Memorial 5K in 14:52
 - June: 53rd at Garry Bjorklund Half Marathon in 1:08:37
 - July: 1st at Park Point 5 Mile in 24:40
 - September: 3rd at City of Lakes Half Marathon in 1:09:11
- Notes:
 - Former member of Minnesota Distance Elite
 - Mother Beverly is a well-known figure in the Minnesota running community. In 1998, Bev won the USATF National Masters Women's Championship which was hosted by the Twin Cities Marathon.

Dylan Belles, USA

Instagram username: runlikedylan

Age: 31

Current Residence: Eureka, Missouri

Sponsor/Training Group: Team Run Flagstaff

Bib: 13

Personal Best Marathon: 2:16:59 (2019 Frankfurt Marathon)

Additional Personal Bests

10,000 meters: 29:39.84 (2015)

10 Miles: 50:43 (2019)

Half Marathon: 1:06:17 (2019)

- College: University of North Carolina at Greensboro (NCAA Division I)
 - Multiple-time All-Conference honoree
- Post-Collegiate:
 - 2017 Knoxville Marathon Champion
 - 19th at 2019 Frankfurt Marathon
 - 46th at 2020 U.S. Olympic Marathon Team Trials
 - 2021 San Diego Half Marathon Champion
 - 16th at 2022 Houston Marathon
- 2024 Results:
 - January: 47th at Houston Half Marathon in 1:06:24
 - February: 120th at U.S. Olympic Marathon Team Trials in 2:25:59
- Notes:
 - In the 2019 Frankfurt Marathon, Dylan tripped over his own feet while trying to grab one of his bottles at an aid station and broke his arm, but finished the race and it is still his PR!
 - Marketing Manager at Run Flagstaff and Director of Team Run Flagstaff, as well as a full-time coach through vDOT

Benjamin Schneiderman, USA

Age: 28

Current Residence: Lakewood, Colorado

Bib: 14

Personal Best Marathon: 2:16:22 (2022 California International Marathon)

Additional Personal Bests

10,000 meters: 30:07.89 (2018)

10 Miles Road: 52:50 (2021)

Half Marathon: 1:07:14 (2024)

- College: Colorado School of Mines (NCAA Division II)
 - o Multiple-time All-RMAC honoree
 - o Two-time NCAA Division II All-American
 - o 8th in 10,000m at 2019 NCAA Division II Outdoor Track & Field Championships
 - o 18th at 2019 NCAA Division II Cross Country Championships, helping Colorado School of Mines to the team title
- Post-Collegiate:
 - o 21st at 2021 Chicago Marathon
 - o Champion – Non-Elite Division of 2022 B.A.A. Boston Marathon in 2:18:42
 - o 23rd at 2022 California International Marathon in 2:16:22
 - o 2023 Boulderthon Boulder Marathon Champion
- 2024 Results:
 - o February: 45th at 2024 U.S. Olympic Marathon Team Trials in 2:18:43
 - o May: 8th at Indianapolis Mini-Marathon in 1:07:14
- Notes:
 - o Recently completed his PhD at Colorado School of Mines in metallurgical engineering, specializing in the development and optimization of multi-principal-element alloy filler materials for advanced and dissimilar joining. His research focused on understanding the mechanisms for deformation and diffusion in multi-principal-element fillers

***Benjamin Olson, USA**

BOMWI State: Minnesota

Instagram username: benolson343

Age: 24

Current Residence: Coon Rapids, Minnesota

Sponsor/Training Group: Gazelle Elite

Bib: 15

Personal Best Marathon: 2:16:04 (2023 California International Marathon)

Additional Personal Bests

3,000 meters: 8:04.17 (2022)

10,000 meters: 29:19.84 (2022)

Half Marathon: 1:03:43 (2024)

- College: South Dakota State University (NCAA Division I)
 - o Six-time Summit League Champion
 - o Three-time Summit League Athlete of the Year
- Post-Collegiate:
 - o 148th at 2023 Grandma's Marathon (debut)
 - o 12th at 2023 California International Marathon

- 2024 Results:
 - o February: DNF at U.S. Olympic Marathon Team Trials
 - o April: 1st at Get in Gear 10K in 30:53
 - o June: 8th at Garry Bjorklund Half Marathon in 1:03:43
- Notes:
 - o Grew up in Coon Rapids and went to Blaine High School, and also trains with Minnesota Distance Elite from time to time after graduating from college
 - o Grew up watching his parents, friends, relatives run TCM

Kahsay Atsbeha, ETH

Age: 27

Current Residence: Flagstaff, Arizona

Sponsor/Training Group: McKirdy Trained

Bib: 16

Personal Best Marathon: 2:13:19 (2024 Grandma's Marathon)

Additional Personal Bests

12K Road: 36:31 (2023)

Half Marathon: 1:03:50 (2019)

- Professional:
 - o 6th at 2019 Cracovia Half Marathon (Poland)
 - o Runner-up at 2020 Seville Half Marathon (Spain)
 - o 21st at 2023 Lilac Bloomsday 12K Run
- 2024 Results:
 - o January: 17th at Dubai Marathon in 2:13:29
 - o June: 5th at Grandma's Marathon in 2:13:19

***Peter Falcon, USA**

BOMWI State: Nebraska

Twitter handle: @CaptainFalcon22

Instagram username: captainfalcon22

Age: 35

Current Residence: Otsego, Minnesota

Sponsor/Training Group: Lincoln Running Company Nebraska

Bib: 17

Personal Best Marathon: 2:19:51 (California International Marathon)

Additional Personal Bests

Half Marathon: 1:07:03 (2022)

- College: University of Nebraska – Lincoln (NCAA Division I)
 - o Participated on the cross country / track & field teams
- Post-Collegiate:
 - o 26th at 2018 Garry Bjorklund Half Marathon
 - o 98th at 2019 Grandma's Marathon
 - o Runner-up at 2021 Lincoln Marathon
 - o **14th at 2022 Medtronic TC 10 Mile**
 - o 22nd at 2022 Garry Bjorklund Half Marathon
 - o 147th at 2023 Grandma's Marathon
 - o 10th at 2023 Lincoln Half Marathon

- 2024 Results:
 - o January: 19th at Rock 'n' Roll Arizona Half Marathon in 1:16:11
 - o July: 1st at St. Croix Crossing 10K in 34:46
 - o August: 17th at Tracksmith Twin Cities Twilight 5K in 15:46
- Notes:
 - o Head Cross Country and Track & Field Coach at Spring Lake Park High School in MN
 - o Ran for the Bellevue Breeze and Cornhusker Flyer Track Clubs in the USATF Junior Olympics
 - o Wife is from MN and wants to run this race for his son, Julian, who is approx. one year old
 - o Works for Ellie Mental Health as a Clinical Mental Health Therapist / Athletic Counselor and learned about the company from their booth at the MTCM Weekend Expo

***Henry Klitzke, USA**

BOMWI State: South Dakota

Instagram username: henryklitzke

Age: 25

Current Residence: Minneapolis, Minnesota

Bib: 18

Personal Best Marathon: Debut

Additional Personal Bests

5,000 meters: 14:06

10,000 meters: 30:04

- College: Augustana University (NCAA Division II)
 - o 36th at 2021 NCAA Division II Cross Country Championships (All-American)
 - o Multiple-time NSIC Champion and All-NSIC honoree
- Post-Collegiate:
 - o 2024 Drake Road Races 10K Champion
 - o 3rd at 2024 Lincoln Half Marathon
- 2024 Results:
 - o April: 1st at Drake Road Races 10K in 30:34
 - o May: 3rd at Lincoln Half Marathon in 1:05:50
- Notes:
 - o Moved to Minneapolis after college and loves running countless miles along the Mississippi River

***Josh Jarpey, USA**

BOMWI State: Minnesota

Instagram username: josh_jarpey

Age: 24

Current Residence: Ham Lake, Minnesota

Bib: 19

Personal Best Marathon: Debut

Additional Personal Bests

3,000 meters: 8:18.43 (2023)

5,000 meters: 14:33.14 (2023)

10,000 meters: 29:45

- College:
 - o Winona State (NCAA Division II)
 - Qualified for the 2021 NCAA Division II Cross Country Championships (placed 48th)

- Multiple-time All-NSIC
 - Portland State University (NCAA Division I)
 - Participated in cross country / track & field as a graduate student
- Post-Collegiate:
 - 2022 Ottawa Half Marathon Champion
 - 2023 Dick's Sporting Goods Turkey Day 5K Champion
- 2024 Results:
 - June: 1st at Fete Des Lacs 5K in 15:51
- Notes:
 - Went to Centennial High School

***Garret Ehlers, USA**

BOMWI State: Iowa

Twitter handle: @GSEhlers

Instagram username: gsehlers

Age: 32

Current Residence: Sioux City, Iowa

Sponsor/Training Group: Runablaze Iowa

Bib: 20

Personal Best Marathon: 2:22:53 (2023 California International Marathon)

Additional Personal Bests

5,000 meters: 14:21

10,000 meters: 30:45.84 (2023)

- College: Morningside College (NAIA)
 - Five-time NAIA All-American
 - Runner-up in the 4x800m Relay and 3,000m Steeplechase at the NAIA Outdoor Championships
- Post-Collegiate:
 - 10,000m Champion at 2023 University of South Dakota Early Bird Invitational
 - 100th at 2023 Grandma's Marathon
 - 78th at 2023 California International Marathon
- 2024 Results:
 - No results found
- Notes:
 - Took seven years off of running after college and started training again after getting the job coaching at Morningside College, his alma mater. Has now crushed virtually all of his PRs as a dad of two.

Kevin Kirk, USA

Instagram username: kevin_kirk

Age: 24

Current Residence: Ogden, Utah

Sponsor/Training Group: Run Elite Program

Bib: 21

Personal Best Marathon: 2:23:19 (2024 Los Angeles Marathon)

Additional Personal Bests

5,000 meters: 14:15.70 (2023)

10,000 meters: 30:07.65 (2023)

Half Marathon: 1:04:35 (2024)

- College: Weber State University (Division II)
 - o All-Conference Track & Field
- Post-Collegiate:
 - o 2022 St. George Half Marathon Champion
- 2024 Results:
 - o March: 6th at Los Angeles Marathon in 2:23:13
 - o June: Runner-up at Utah Valley Half Marathon
 - o September: 18th at U.S. 20K Championships in 1:01:59

***Kaleb Coston, USA**

Age: 29

Current Residence: Burnsville, Minnesota

Sponsor/Training Group: Collegeville Track Club

Bib: 22

Personal Best Marathon: 2:36:20 (2022 Mankato Marathon)

Additional Personal Bests

Half Marathon: 1:13:35 (2021)

- College: Cleary University (NAIA)
 - o Multiple-time All-Conference honoree
- Post-Collegiate:
 - o 17th at 2022 Get in Gear 10K
 - o 29th at 2022 Brian Kraft Memorial 5K
 - o 2022 Mankato Marathon Champion
 - o 31st at 2023 Hot Dash 5K
- 2024 Results:
 - o February: 8th at Tallahassee Marathon in 2:44:24
 - o April: Boston Marathon in 3:21:54
 - o May: 54th at Brian Kraft Memorial 5K in 16:22
 - o July: 9th at Hopkins Raspberry Run 1 Mile in 4:30.00
 - o August: 27th at Tracksmith Twin Cities Twilight 5,000m in 16:05

***Cody Sedbrook, USA**

BOMWI State: Minnesota

Twitter handle: @sedbro

Instagram username: monkeycsi

Age: 28

Residence: Buffalo, Minnesota

Bib: 23

Personal Best Marathon: 2:24:50 (2023 Chicago Marathon)

Additional Personal Bests

3,000 meters: 8:26.51 (2017)

5,000 meters: 14:43.93 (2016)

Half Marathon: 1:06:05 (2024)

- College: University of Minnesota – Duluth (NCAA Division II)
 - o Multiple-time All-NSIC and All-Central Region honoree
- Post-Collegiate:

- 33rd at 2019 Garry Bjorklund Half Marathon
- **14th at 2019 Medtronic Twin Cities Marathon**
- 11th at 2021 Garry Bjorklund Half Marathon
- 50th at 2021 Chicago Marathon
- 67th at 2023 Chicago Marathon
- 2024 Results:
 - June: 25th at Garry Bjorklund Half Marathon in 1:06:05
 - July: 1st at Delano 4th of July 5K in 15:10
- Notes:
 - Rosemount, Minnesota native and now Assistant Coach for Buffalo High School cross country/track & field
 - TCM was his first marathon after he graduated from college

***Arturs Bareikis, LAT**

BOMWI State: Illinois

Instagram username: arturs_bareikis

Age: 38

Current Residence: Crestwood, Illinois

Sponsor/Training Group:

Bib: 24

Personal Best Marathon: 2:23:15 (2017 Madison Marathon)

Additional Personal Bests

10 Miles: 50:59 (2018)

Half Marathon: 1:05:53 (2023)

- Professional:
 - **22nd at 2012 Twin Cities Marathon in 2:25:16**
 - Runner-up at 2014 Fargo Marathon
 - 2018 Sioux Falls Marathon Champion
 - 45th at 2021 Grandma's Marathon
 - 27th at 2022 Garry Bjorklund Half Marathon
 - 85th at 2023 World Half Marathon Championships
- 2024 Results:
 - April 7: 12th at CARA Lakefront 10 Mile in 56:51
 - April 13: 9th at Carmel Half Marathon in 1:10:08
 - April 25: 2nd at Illinois Half Marathon in 1:12:10
 - June 9: 21st Bank of America 13.1 in 1:11:37
- Notes:
 - Has run 51 marathons in his career and his wife is also running the marathon this weekend
 - Latvian 50K national record holder (2:59)

***Nicholas Jacobson, USA**

BOMWI State:

Instagram username: nicholas.jacobson

Age: 23

Current Residence: Blaine, Minnesota

Bib: 25

Personal Best Marathon: 2:29:49 (2024 Grandma's Marathon)

Additional Personal Bests

3,000 meters: 8:25.48 (2022)

5,000 meters: 14:27.88 (2022)

- College: University of Minnesota-Duluth (NCAA Division II)
 - o Multiple-time All-NSIC honoree
- Post-Collegiate:
 - o 57th at 2024 Grandma's Marathon
- 2024 Results:
 - o February: 3rd in Mile at NSIC Indoor Championships in 4:14.59
 - o May: 6th in 1500m at NSIC Outdoor Championships in 3:50.67
 - o June: 57th at 2024 Grandma's Marathon in 2:29:41
- Notes:
 - o Went to Blaine High School

***Christopher Brenk, USA**

BOMWI State: Minnesota

Instagram username: christopher_brenk

Age: 26

Current Residence: Sitka, Alaska

Sponsor/Training Group:

Bib: 26

Personal Best Marathon: 2:28:53 (2024 Boston Marathon)

Additional Personal Bests

5,000 meters: 15:05.25 (2019)

10,000 meters: 31:07.30 (2019)

Half Marathon: 1:08:09 (2024)

- College: St. Olaf College (NCAA Division III)
 - o All-MIAC Honorable Mention and USTFCCCA All-Central Region in cross country
- Post-Collegiate:
 - o 2022 Bend Half Marathon Champion
 - o 2022 Prince of Wales Island Alaska Half Marathon Champion
 - o 5th at 2022 Tracksmith Twin Cities Twilight 5,000m
 - o 2023 Anchorage Mayor's Marathon Champion
- 2024 Results:
 - o February: 7th at Mesa Half Marathon in 1:08:09
 - o March: 98th at Shamrock Shuffle 8K in 25:17
 - o April: 100th at Boston Marathon in 2:28:53
- Notes:
 - o Lives and trains in Sitka, Alaska, and has essentially become known as "Alaska's fastest runner", but grew up as a Midwesterner in Illinois and went to St. Olaf College

Kevin McDonnell, USA

Instagram username: Ole_micdonnell

Age: 34

Current Residence: Cherry Hill, New Jersey

Bib:

Personal Best Marathon: 2:17:22 (2023 Chicago Marathon)

Additional Personal Bests

10,000 meters: 29:16.01 (2013)

10 Miles Road: 49:50 (2022)

Half Marathon: 1:07:26 (2022)

- College: Saint Joseph's University (NCAA Division I)
 - o 10th in 10,000m at 2013 NCAA Division I Outdoor Track & Field Championships
 - o Two-time NCAA Division I Cross Country Championships Qualifier
- Post-Collegiate:
 - o 34th at 2021 U.S. Half Marathon Championships
 - o 61st at 2022 Houston Marathon
 - o 16th at 2023 U.S. 8K Road Championships
 - o 28th at 2023 Chicago Marathon
- 2024 Results:
 - o January: 61st at Houston Marathon in 1:07:48
 - o February: 57th at U.S. Olympic Marathon Team Trials in 2:20:10
 - o April 12: 4th in 5,000m at Duke Invitational in 14:06.33
 - o April 26: 7th in 5,000m at Payton Jordan Invitational in 14:08.74
- Notes:
 - o Took seven years away from running after college to focus on his career and started running again during the Covid-19 pandemic before eventually qualifying for the 2024 Marathon Trials.
 - o Senior Associate Investor Services at Hamilton Lane Advisors

Medtronic Twin Cities Marathon Wheelchair: Men

Wyatt Willand, USA

Instagram username: wyatt_willand

Age: 20

Current Residence: Northwood, Iowa

Sponsor/Training Group: University of Arizona

Bib: 201

Personal Best Marathon: 1:31:16

- High School:
 - o Multiple-time Iowa State Champion in track & field
- College: University of Arizona
 - o Competes on the wheelchair racing team
 - o 16th at 2022 Grandma's Marathon in 1:31:50
 - o **2022 Medtronic Twin Cities Marathon Champion in 1:41:27**
 - o 16th at 2023 Boston Marathon
 - o 9th at 2023 Grandma's Marathon
 - o 3rd at 2023 Houston Marathon
- 2024 Results:
 - o May: Runner-up at Bloomsday 10K in 33:54
 - o June: 8th at Grandma's Marathon in 1:32:26
 - o July: Various Events at U.S. Paralympic Track & Field Trials

Valera “Jacob” Allen, USA

Age: 23

Current Residence: Kingwood, Texas

Sponsor/Training Group: University of Arizona

Bib: 202

Personal Best Marathon: 1:36:56

- College: University of Arizona
 - o Competes on the wheelchair racing team
 - o Runner-up at 2021 Honolulu Marathon
 - o Champion – 2022 Houston Marathon
 - o Champion – 2022 Woodlands Half Marathon
 - o 15th at 2022 B.A.A. Boston Marathon in 1:43:59
 - o **3rd at 2022 Medtronic Twin Cities Marathon in 1:49:05**
 - o 16th at 2022 New York City Marathon
 - o 2023 Houston Marathon Champion
 - o 3rd at 2023 Los Angeles Marathon
 - o 18th at 2023 Boston Marathon
- 2024 Results
 - o May: 4th at Bloomsday 10K in 34:45
 - o July: Various Events at U.S. Paralympic Track & Field Trials

Fidel Aguilar, MEX

Age: 47

Current Residence: Mesa, Arizona

Bib: 203

Personal Best Marathon: 1:37:58 (2024 Boston Marathon)

- Professional:
 - o 27th at 2017 Chicago Marathon
 - o 15th at 2018 New York City Marathon
 - o 21st at 2019 Boston Marathon
 - o 11th at 2016 Grandma’s Marathon
 - o 17th at 2023 Grandma’s Marathon
 - o 4th at 2023 Los Angeles Marathon
- 2024 Results:
 - o March: 5th at Los Angeles Marathon in 1:56:54
 - o April 13: 11th at Boston 5K in 12:07
 - o April 15: 23rd at Boston Marathon in 1:37:58
 - o May: 6th at Bloomsday 10K in 37:05
 - o August: 13th at Falmouth 7 Mile Road Race in 37:52



2024 Women’s Professional Field – Sorted by Personal Bests (PB)

NAME	COUNTRY	BIB	PB
Jane Bareikis	USA	102	2:29:00
Molly Bookmyer	USA	103	2:30:16
Miku Hirashima	JAPAN	104	2:30:49
Jessica Watychowicz	USA	101	2:33:09
Ashlee Powers	USA	105	2:34:06
English Tomlinson	USA	106	2:35:13
Megan O’Neil	USA	109	2:35:22
Madison Offstein	USA	107	2:35:51
Kimberly Horner	USA	108	2:36:43
Lauren Kelly	USA	110	2:41:59
Jen Van Otterloo	USA	111	2:44:00
WHEELCHAIR FIELD			
Veronica Gonzales	MEXICO	211	2:18:31

Athlete Biographies
Table of Contents

NAME	PAGE #
#101 Watychowicz	23
#102 Bareikis	23
#103 Bookmyer	24
#104 Hirashima	24
#105 Powers	25
#106 Tomlinson	25
#107 Offstein	26
#108 Horner	27
#109 O’Neil	27
#110 Kelly	28
#111 Van Otterloo	28
#211 Gonzales	29

2024 Women’s Best of the Midwest Field – Sorted by Personal Bests (PB)

NAME	COUNTRY	BIB	PB
Jane Bareikis	USA	102	2:29:00
Molly Bookmyer	USA	103	2:30:16
Jessica Watychowicz	USA	101	2:33:09
English Tomlinson	USA	106	2:35:13
Megan O’Neil	USA	109	2:35:22
Madison Offstein	USA	107	2:35:51
Kimberly Horner	USA	108	2:36:43
Jen Van Otterloo	USA	111	2:44:00

Athlete Biographies
Table of Contents

NAME	PAGE #
#101 Watychowicz	23
#102 Bareikis	23
#103 Bookmyer	24
#106 Tomlinson	25
#107 Offstein	26
#108 Horner	27
#109 O’Neil	27
#111 Van Otterloo	28

Medtronic Twin Cities Marathon: Women

*** = Best of Midwest Invitational Participant**

***Jessica Watychowicz, USA**

BOMWI State: Wisconsin

Twitter handle: @JessWatychowicz

Instagram username: @jesswatychowicz

Age: 33

Current Residence: Colorado Springs, Colorado

Sponsor/Training Group: adidas

Bib: 101

Personal Best Marathon: **2:33:09 (2022 Medtronic Twin Cities Marathon)**

Additional Personal Bests

5,000 meters: 15:47.51 (2019)

10 Miles: 57:13 (2018)

Half Marathon: 1:11:32 (2020)

- College: University of Wisconsin – Parkside (NCAA Division II)
 - o Two-Time NCAA Division II All-American
 - o Multiple-Time NCAA Division II Championships Qualifier
 - o School record and Great Lakes Valley Conference record-holder
- Post-Collegiate:
 - o 2016 USATF 5K Road Championships – 15th
 - o 2021 Bank of America Chicago Marathon – 24th
 - o 2021 U.S. Olympic Track & Field Team Trials 10,000m – 37th
 - o **2022 Medtronic Twin Cities Marathon Champion**
 - o 17th at 2023 Amsterdam Marathon
 - o 18th at 2023 Grandma’s Marathon
- 2024 Results:
 - o February: 54th at 2024 U.S. Olympic Marathon Team Trials in 2:38:51
 - o April: 23rd in 10,000m at Bryan Clay Invitational in 34:14.54
 - o June: 13th in 10,000m at Portland Track Festival in 33:58.01
 - o July: 15th in 5,000m at Sunset Tour in 16:30.10

***Jane Bareikis, USA**

BOMWI State: Illinois

Instagram username: janebareikis

Age: 30

Current Residence: Crestwood, Illinois

Bib: 102

Personal Best Marathon: 2:29:00 (2023 Berlin Marathon)

Additional Personal Bests

10 Miles: 55:48 (2022)

Half Marathon: 1:13:09 (2022)

- Professional:
 - o 24th at 2018 Chicago Marathon
 - o 3rd at 2019 Fargo Half Marathon
 - o 5th at 2021 Grandma’s Marathon
 - o 5th at 2022 U.S. Half Marathon Championships

- 23rd at 2022 Valencia Marathon (Spain)
- 6th at 2023 Garry Bjorklund Half Marathon
- 21st at 2023 Berlin Marathon
- 2024 Results:
 - February: 35th at U.S. Olympic Marathon Team Trials
 - May: 1st at Pittsburgh Marathon in 2:37:39
 - June 9: 6th at Bank of America Chicago 13.1 in 1:17:02
 - June 22: 4th at Grandma's Marathon in 2:31:17
 - July 27: 3rd at Jelgava (Latvia) Half Marathon in 1:20:13
- Notes:
 - Has completed 10 marathons after only starting to run in 2017
 - Her husband is running the marathon this weekend as well

***Molly Bookmyer, USA**

BOMWI State: Ohio

Instagram username: mollybookie

Age: 33

Current Residence: Columbus, Ohio

Bib: 103

Personal Best Marathon: 2:30:16 (2024 Grandma's Marathon)

Additional Personal Bests

10 Miles: 53:55 (2022)

Half Marathon: 1:10:51 (2022)

25K Road: 1:24:42 (2024)

- College: Ohio State University (NCAA Division I)
 - Participated in cross country and track & field as a walk-on
- Post-Collegiate:
 - 3rd at 2019 U.S. 25K Road Championships
 - 9th at 2022 Houston Marathon
 - 13th at 2022 U.S. Marathon Championships
 - 8th at 2023 Toronto Marathon
 - 5th at 2024 U.S. 25K Road Championships
- 2024 Results:
 - May 5: 2nd at Pittsburgh Half Marathon in 1:12:19
 - May 11: 5th at U.S. 25K Road Championships in 1:24:44
 - June: 3rd at 2024 Grandma's Marathon
- Notes:
 - In 2015, she had two brain surgeries, first to remove a benign tumor and second to relieve hydrocephalus, a neurological disorder caused by a buildup of fluid in the brain. She used running as a stress-relief during this time. Then in 2017, shortly after her and her husband got married, he was diagnosed with cancer. She ran her first marathon in 2018 at Grandma's Marathon in his honor and has since been pursuing running at an elite level.
 - Likes the BOMWI program because loves "representing hard working Midwest runners who balance a full-time life (career, family and running)"

Miku Hirashima, JPN

Age: 24

Current Residence: Chiba, Japan

Bib: 104

Personal Best Marathon: 2:30:49 (2023 Osaka Marathon)

Additional Personal Bests

10,000 meters: 34:37.61 (2023)

Half Marathon: 1:14:21 (2023)

- Professional:
 - o 27th at 2022 Sanyo Ladies Half Marathon
 - o 9th at 2023 Hokkaido Marathon
 - o 9th at 2023 Osaka Marathon
 - o 15th at 2023 Kagawa Marugame Half Marathon
- 2024 Results:
 - o January: 17th at Osaka Women's Marathon in 2:34:08
 - o April: 14th at Gifu Half Marathon in 1:15:50
 - o May: 13th at Bolderboulder 10K in 36:08
 - o June: 5th at Grandma's Marathon in 2:31:45

Ashlee Powers, USA

Twitter handle: @gogo_powers

Instagram username: gogo.powers

Age: 30

Current Residence: Beverly Hills, California

Sponsor/Training Group: Cal Coast Track Club

Bib: 105

Personal Best Marathon: 2:34:06 (2023 Grandma's Marathon)

Additional Personal Bests

10 Miles: 58:40 (2019)

Half Marathon: 1:14:48 (2020)

25K Road: 1:32:23 (2021)

- College: Southern Methodist University / UCLA (NCAA Division I)
 - o Participated in cross country / track & field
- Post-Collegiate:
 - o 115th at 2020 U.S. Olympic Marathon Team Trials
 - o 13th at 2021 U.S. 25K Road Championships
 - o 26th at 2022 Boston Marathon
 - o 11th at 2023 Grandma's Marathon
- 2024 Results:
 - o January: 110th at U.S. Olympic Marathon Team Trials in 2:54:00

***English Tomlinson, USA**

BOMWI State: Michigan

Twitter handle: @e_tomlinson39

Instagram username: e_tomlinson39

Age: 26

Current Residence: Ann Arbor, Michigan

Sponsor/Training Group: Tracksmith

Bib: 106

Personal Best Marathon: 2:35:13 (2024 U.S. Olympic Marathon Team Trials)

Additional Personal Bests

10 Miles: 56:00 (2024)

Half Marathon: 1:15:58 (2023)

25K Road: 1:29:55 (2024)

- College: Bridgewater College (NCAA Division III)
 - o Qualifier for the NCAA Championships
- Post-Collegiate:
 - o 16th at 2022 BAA 10K
 - o 24th at 2022 Chicago Marathon
 - o 34th at 2023 Boston Marathon
 - o 2023 and 2024 Indiana Women's Half Marathon Champion
- 2024 Results:
 - o February: 31st at U.S. Olympic Marathon Team Trials in 2:35:13
 - o April: 15th at U.S. 10 Mile Championships in 56:00
 - o May: 9th at U.S. 25K Road Championships in 1:29:55
- Notes:
 - o Quit running after high school but changed her mind after her first year of college and transferred schools to be able to run. Losing her senior season due to Covid motivated her to keep running after college.
 - o Sometimes trains with the Very Nice Track Club and coaches alongside Mike and Serena Kessler (parents of 2024 U.S. Olympian in the 800m and 1500m Hobbs Kessler) and Ron Warhurst at Skyline High School in Ann Arbor.

***Madison Offstein, USA**

BOMWI State: Michigan

Instagram username: mad_dawg2213

Age: 28

Current Residence: Rochester Hills, Michigan

Sponsor/Training Group: Hansons-Brooks Original Distance Project

Bib: 107

Personal Best Marathon: 2:35:51 (2023 Grandma's Marathon)

Additional Personal Bests

10,000 meters: 33:28.05 (2021)

Half Marathon: 1:16:30 (2021)

- College: Princeton University (NCAA Division I)
 - o Multiple-time All-Ivy League honoree and NCAA Championships qualifier
- Post-Collegiate:
 - o 8th at 2021 U.S. 25K Road Championships
 - o 9th at 2022 U.S. Half Marathon Championships
 - o 89th at 2022 U.S. Marathon Championships
 - o 4th at 2023 The TEN 10,000m
 - o 15th at 2023 Grandma's Marathon
- 2024 Results:
 - o February: 96th at U.S. Olympic Marathon Team Trials in 2:46:58
 - o April: 27th in 5,000m at Bryan Clay Invitational in 16:49.73
 - o June: 8th in 10,000m at Portland Track Festival in 33:38.69

- Notes:
 - o Moved to Chicago to get her Masters in Public Health, then moved to Michigan to train with Hansons-Brooks and pursue the marathon.
 - o Her sister, Molly, was an athlete at Elon University and was struck by a car while on a run in 2017, which left her with short term memory issues, motivating Madison to continue running for her sister, with the ultimate goal of qualifying for the Olympic Marathon Trials (she did in 2024).

***Kimberly Horner, USA**

BOMWI State: Indiana

Instagram username: signed.rae

Age: 36

Current Residence: Maplewood, Minnesota

Sponsor/Training Group: Raev Endurance / Mill City Running

Bib: 108

Personal Best Marathon: 2:36:43 (2022 Grandma's Marathon)

Additional Personal Bests

5,000 meters: 16:55.31 (2021)

10K Road: 35:38 (2018)

10 Miles: 57:26 (2021 Medtronic TC 10 Mile)

Half Marathon: 1:17:03 (2021)

- College: Luther College (NCAA Division III)
 - o Participated in cross country and track & field and competed on the team that placed 6th at the 2010 NCAA Division III Cross Country Championships
- Post-Collegiate:
 - o **23rd at 2015 Medtronic Twin Cities Marathon in 2:56:23**
 - o **8th at 2016 Medtronic Twin Cities Marathon in 2:51:15**
 - o 28th (Mass Race) – 2019 London Marathon
 - o 6th at 2021 Indianapolis Monumental Marathon
 - o **Runner-up at 2021 Medtronic TC 10 Mile**
 - o 3rd at 2021 Garry Bjorklund Half Marathon
 - o 17th at 2022 Grandma's Marathon
 - o 28th at 2023 Chicago Marathon
- 2022 Results:
 - o February: 40th at U.S. Olympic Marathon Team Trials in 2:36:47
- Notes:
 - o Completed a Master's degree at the University of Oxford in Migration Studies, where she met her current coach Kyle Bennet, and she is now pursuing a PhD in Public Policy at the University of Minnesota, focusing on U.S. immigration policy.
 - o Has spent time living in Indiana, Iowa, Illinois, and Minnesota
 - o Never made it to state in high school and only qualified for nationals in college once

***Megan O'Neil, USA**

BOMWI State: Michigan

Instagram username: @megorunner

Age: 28

Current Residence: Rochester Hills, Michigan

Sponsor/Training Group: Hansons-Brooks Original Distance Project

Bib: 109

Personal Best Marathon: 2:35:22 (2022 California International Marathon)

Additional Personal Bests

10 Miles: 57:42 (2019)

Half Marathon: 1:17:16 (2022)

- College: Central Michigan University (NCAA Division I)
 - o Multiple-time All-Conference honoree
- Post-Collegiate:
 - o 29th at 2021 Chicago Marathon
 - o 16th at 2022 U.S. Cross Country Championships 10k
 - o 29th at 2022 U.S. Marathon Championships
- 2024 Results:
 - o February: 80th at U.S. Olympic Marathon Team Trials in 2:42:51

Lauren Kelly, USA

Age: 34

Current Residence: Philadelphia, Pennsylvania

Bib: 110

Personal Best Marathon: 2:41:59 (2023 Grandma's Marathon)

Additional Personal Bests

10 Miles: 58:31 (2022)

Half Marathon: 1:19:44 (2022)

- College: University of Georgia (NCAA Division I)
 - o All-Conference and All-Region
- Post-Collegiate:
 - o 90th at 2018 Chicago Marathon (debut)
 - o 14th at 2019 Philadelphia Marathon
 - o 25th (Mass Race) at 2022 Boston Marathon
 - o 41st at 2023 Grandma's Marathon
- 2024 Results:
 - o None found

***Jen Van Otterloo, USA**

BOMWI State: Iowa

Twitter handle: @j_votterloo

Instagram username: j_votterloo

Age: 38

Current Residence: Sioux Center, Iowa

Sponsor/Training Group: rabbit / Runablaze Iowa

Bib: 111

Personal Best Marathon: **2:44:00 (2019 Medtronic Twin Cities Marathon)**

Additional Personal Bests

20K Road: 1:16:41 (2012)

Half Marathon: 1:18:55 (2015)

- College: Dordt College (NAIA)
 - o 9-time NAIA All-American and 2006 NAIA 3,000m Steeplechase Champion
- Post-Collegiate:

- 4th at 2019 Des Moines Half Marathon
- Champion – 2015 Jeff Winter City of Lakes Half Marathon
- **14th at 2019 Medtronic Twin Cities Marathon *OTQ**
- 306th at 2020 U.S. Olympic Marathon Team Trials
- 40th at 2022 Chicago Marathon
- 47th at 2022 Grandma’s Marathon in 2:46:59
- 2024 Results:
 - May: 3rd at Lincoln Marathon in 2:50:53
 - September: 1st at The Might Mo Half Marathon in 1:19:39
- Notes:
 - Works full-time as an Elementary Physical Education Teacher and Adapted Physical Education Teacher
 - Has four children, and ran her first marathon 7 months after her second daughter was born before getting her Olympic Trials qualifying time in her third marathon ever at the Medtronic Twin Cities Marathon
 - Her family races Standardbred horses as a hobby
 - State Champion in high school in the 1500m

Medtronic Twin Cities Marathon Wheelchair: Women

Veronica Gonzales, MEX

Age: 52

Current Residence: Guadalajara, Mexico

Bib: 211

Personal Best Marathon: 2:18:31 (2024 Grandma’s Marathon) – as far as we know

- 2024 Results:
 - March: 3rd at Los Angeles Marathon in 3:33:50
 - April: 4th at BAA 5K in 17:22
 - April: 18th at Boston Marathon in 2:34:27
 - June: 4th at Grandma’s Marathon in 2:18:31
 - July: 5th at Utica Boilermaker 15K in 1:02:37
 - July: 13th at Peachtree Road Race in 37:13