

30th *Freihofer's* 5km
Run for Women

Runner Bios

Open Athletes



Name: Benita Johnson
Bib #: 1
Residence: Australia
Age: 27

PRs
14:47 5000m, 130:37 10000m,
2:22:36 Marathon

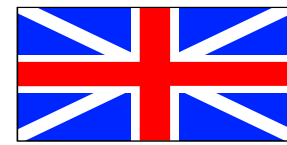
Accomplishments
Olympian 2000 5,000m & 2004 10,000m
Holder of 7 Australian National Records
3rd 2003 World Half Marathon Championship
1st 2004 World Cross Country 8K
2nd 2004 Carlsbad 5000
3rd 2005 Circle of Friends Mini Marathon 10K
6th 2005 London Marathon
1st 2006 Freihofer's Run for Women 5K
3rd 2006 Chicago Marathon
2nd 2006 New York Half Marathon
2nd 2006 Great North Run Half Marathon
1st 2006 Sanyo Half Marathon
2nd 2007 Melbourne Track Classic 5000m
1st 2007 Berlin Half Marathon
7th 2007 London Marathon
11th 2008 World XC Champs, 8K
1st 2008 Great Edinburgh Run



Name: Genoveva Kigen
Bib #: 2
Residence: Kenya
Age: 28

PRs
15:55 5,000m, 32:11 10K

Accomplishments
1st 2008 Crescent City Classic
1st 2008 Azalea Trail Run 10K
3rd 2008 Carlsbad 5000
9th 2008 Bloomsday 12K



Name: Kathy Butler
Bib #: 3
Residence: Great Britain
Age: 34

PRs
15:05.51 5,000m, 31:36.90 10,000m,
2:28:39 Marathon

Accomplishments
7th 2008 Carlsbad 5,000
1st 2007 3M Half Marathon
3rd 2007 Cherry Blossom 10 mile
5th 2007 Bloomsday 12K
10th 2007 Chicago Marathon
3rd 2006 Philadelphia Half Marathon
9th 2006 Chicago Marathon
12th 2004 Olympics 10,000m

Freihofer's
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Runner Bios

Open Athletes



Name: Florence Jepkosgei
Bib #: 4
Residence: Kenya
Age: 24

PRs
 16:01 5K, 31:41 10K

Accomplishments
 2nd 2008 Rite Aid Cleveland 10K
 1st 2007 Rite Aid Cleveland 10K
 3rd 2007 Park Forest 10 Mile
 5th Parkersburg Half Marathon



Name: Alina Alekseyeva
Bib #: 5
Residence: Russia
Age: 22

PRs
 4:25.71 1,500m, 9:49.01 3,000m,
 16:07 5,000m (indoors), 33:00 10K

Accomplishments
 7th 2008 Bay to Breakers
 10,000m, 33:00 10K
 3rd 2007 European Championships 10,000m
 1st 2007 Russian Junior Champ. 10,000m
 5th 2007 Russian Indoor Champ. 3,000m



Name: Jane Gakunyi
Bib #: 6
Residence: Kenya
Age: 28

PRs
 15:04.00 5,000m, 31:04.34 10,000m,
 50:08 15K

Accomplishments
 9th 2004 Olympic 5,000m 1st round heat
 9th 2004 World Cross Country Champ.
 Short Course
 3rd 2003 World Cross Country Champ.
 Short Course
 Last few years has raced in Japan

Freihofer's
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Runner Bios

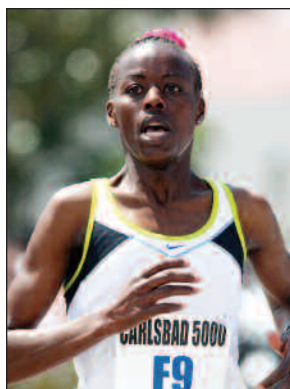
Open Athletes



Name: Amané Gobena
Bib #: 7
Residence: Ethiopia
Age: 25

PRs
32:12 10K, 55:02 10 Mile

Accomplishments
2nd 2008 Bolder Boulder 10K
7th 2007 Freihofer's Run for Women 5K
9th 2007 World's Best 10K
3rd 2007 Shamrock 8K
4th Azalea Trail 10K
2nd 2007 Crescent City 10K
2nd 2007 Bolder Boulder
2nd 2007 US 10K Classic



Name: Evelyn Lagat
Bib #: 8
Residence: Kenya
Age: 27

PRs
32:49 10K

Accomplishments
5th 2008 Azalea Trails 10K
7th 2008 Crescent City Classic
6th 2008 Carlsbad 5000
5th 2008 Bloomsday 12K



Name: Emily McCabe
Bib #: 9
Residence: Durham, NC
Age: 24

PRs
16:11.1 5,000m, 33:26.6 10,000m

Accomplishments
6th 2007 Pan American Games (10,000m)
7th 2007 (3rd American) Peachtree 10K
7th 2007 USATF Outdoor Track and Field Championships 10,000m
9th 2007 Freihofer's Run for Women
14th 2006 NCAA D1 Cross-Country All American
19th 2007 USA 15km National Championships
16th 2007 USA Cross-Country Championships

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Runner Bios

Open Athletes



Name: Meskerem Legesse
Bib #: 10
Residence: Ethiopia
Age: 21

PRs
4:03.96 1,500m

Accomplishments
2004 Olympian 1,500m
2nd 2008 Shamrock Sportfest 8K
9th 2007 Carlsbad 5,000
4th 2007 Tyson Invitational Mile
5th 2007 Crazy 8's 8K
3rd 2006 Chris Thater 5k



Name: Millicent Gathoni
Bib #: 12
Residence: Kenya
Age: 21

PRs
32:49 10K (at altitude)

Accomplishments
1st 2008 Bolder Boulder
9th 2008 Kenyan Cross-Country Champ.
8th Lilac Bloomsday



Name: Aziza Aliyu
Bib #: 14
Residence: Ethiopia
Age: 23

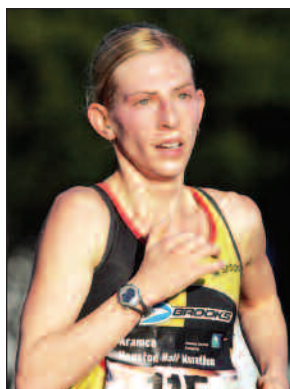
PRs
15:41 5,000m, 32:43 10K

Accomplishments
12th 2003 World XC Juniors Championships
2nd 2004 World XC Juniors Championships
6th 2008 Azalea Trails 10K
6th 2008 Cherry Blossom
9th 2008 NYRRC Women's Invitational 8K

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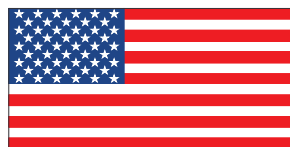


Name: Melissa White
Bib #: 15
Residence: Naples, NY
Age: 28
Team: Hansons-Brooks

PRs
 16:06 5K, 27:21 8K, 73:13:13 Half Marathon,
 2:39:21 Marathon

Accomplishments

14th 2008 US Women's
 Olympic Trials Marathon
 10th 2008 USATF
 Half Marathon Championship
 19th 2007 Freihofer's Run for Women 5K
 2007 member of US Chiba Ekiden Relay Team
 7th 2007 Rock N Roll Half Marathon
 8th 2007 Tufts Health 10K
 11th 2007 USATF 5K Championship
 2nd American 2007 Utica Boilermaker
 1st 2007 Reeds Lake 5K
 8th 2007 USATF Marathon Championships
 1st 2007 Disney World Half Marathon

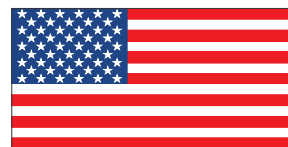
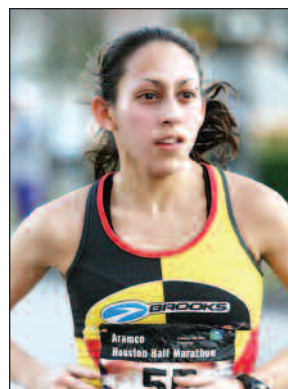


Name: Dot McMahan
Bib #: 16
Residence: Hilbert, WI
Age: 31
Team: Hansons-Brooks

PRs
 16:44 5K, 34:22 10K, 54:40 15K,
 73:07 Half-Marathon

Accomplishments

8th 2008 US Womens Olympic Trials Marathon
 8th 2008 USATF Half Marathon Championship
 9th 2007 Rock N Roll Half Marathon
 8th 2007 USATF 20K Championship
 10th 2007 USATF Marathon Championship
 9th 2006 Crim 10 Mile



Name: Desiree Davila
Bib #: 17
Residence: San Diego, CA
Age: 24
Team: Hansons-Brooks

PRs
 16:17 5K, 33:20 10K, 72:10 Half Marathon

Accomplishments

13th 2008 US Women's
 Olympic Trials Marathon
 2nd 2008 USATF Half Marathon Championship
 2007 member of US Chiba Ekiden Relay Team
 12th 2007 USATF 5K Championship
 6th 2007 USATF 10K Championship
 5th 2007 USATF 20K Championship
 12th 2007 USATF Marathon Championship
 1st 2006 Senior Bowl 10K
 3rd 2006 Shamrock Shuffle 8K

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Name: Yolanda Flamino
Bib #: 18
Residence: Ellington, CT
Age: 31
Team: Hansons-Brooks

PRs
 16:47 5K, 35:32 10K, 54:56 15K,
 78:49 Half-Marathon

Accomplishments
 38th 2008 US Womens
 Olympic Trials Marathon
 2nd 2008 Disney World Half Marathon
 1st 2007 San Francisco Marathon
 5th 2007 Disney World Half Marathon
 13th 2006 Utica Boilermaker
 11th 2006 USATF 25K Championship



Name: Jane Kibii
Bib #: 19
Residence: Kenya
Age: 23

PRs
 32:23 10K

Accomplishments
 3rd 2008 Bay to Breakers
 10th 2008 Carlsbad 5000
 3rd 2008 2nd section Payton Jordan
 Cardinal Invitational 5,000m
 2nd 2007 Carlsbad Half Marathon
 3rd 2007 OC Half Marathon
 1st 2007 Run to Feed the Hungry 10K
 3rd 2007 Derby Day 5K



Name: Genet Gebregiorgis
Bib #: 20
Residence: Ethiopia
Age: 32

PRs
 15:52 5K, 32:55 10K

Accomplishments
 4 time member Ethiopia World XC Teams
 1st 2008 Vancouver Sun Run
 8th 2008 Cooper Bridge Run
 5th 2008 Rite Aid Cleveland 10K

30th Freihofers[®] Run for Women 5km

Runner Bios

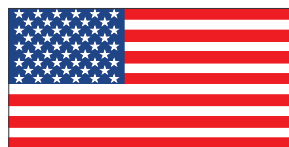
Masters Athletes



Name: Carmen Ayala-Troncoso
Bib #: 40
Residence: Austin, TX
Age: 49

PRs
 15:50 5km, 33:25 10km

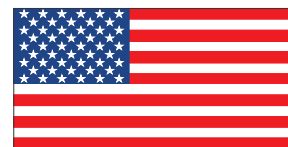
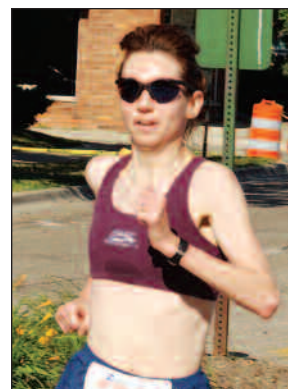
Accomplishments
 2006 Running Times Runner of the Year (45-49 Age Group)
 4-time USA Olympic Trials participant in track and field
 National Masters 5K World Champion (99, 00, 03, 05 and 06)
 2005 Masters World Champion (45-49 age group) 5000m and 8K XC
 1st Master 2005 Freihofers Run for Women
 4th Master 2005 Peachtree Road Race 10K
 1st Master 2006 Carlsbad 5000
 1st Master 2006 Freihofers Run for Women
 4th Master 2007 Freihofers Run for Women
 1st USA Masters 10 km Championships (45-49 age group)



Name: Sylvia Mosqueda
Bib #: 41
Residence: Los Angeles, CA
Age: 42

PRs
 15:30 5K, 31:54 10K, 2.33:10 Marathon

Accomplishments
 1988 NCAA 10,000m Champion
 2003 IAAF World Marathon Team
 2003 IAAF World Half Marathon Team
 10th 2003 New York City Marathon, 2:33:10 (PB)
 5th 2004 Lilac Bloomsday 12K, 40:27
 2nd 2004 Mt. SAC Relays 10,000m, 31:57.64
 DNF 2004 USA Olympic Marathon Team Trials (injury)
 2nd 2004 Gate River Run 15k, USA 15k Championship, 50:08
 1st 2004 3M Half Marathon, 1:09:53 (Course Record)
 8th 2006 Bay to Breakers
 1st Master 2007 Cooper River Bridge Run
 2nd Master 2007 Peachtree
 1st Master 2007 Gate River Run



Name: Laurel Park
Bib #: 42
Residence: Ann Arbor, MI
Age: 45

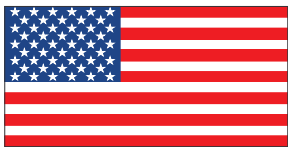
PRs
 (Master) 16:59 5K, 35:18 10K

Accomplishments
 3rd 2007 Running Times
 Master Runner of the Year Females 40-44
 3rd 2007 Brian Diemer Amerikam 5K
 1st 2006 Brian Diemer Amerikam 5K
 2nd Master - 2006 Sallie Mae 10K

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Masters Athletes



Name: Joan Benoit

Bib #: 51

Residence: Freeport, ME

Age: 51

PRs

15:40 5K, 2:21:21 Marathon

Accomplishments

1st 1979 Boston Marathon

1st 1983 Boston Marathon

1st 1984 Olympic Women's Marathon

1st 1985 Chicago Marathon

6th 2005 Master Tufts 10K

2nd 2005 Master Twin Cities Marathon

4th 2006 Master Freihofer's Run for Women