

Freihofer's 31st Run for Women 5km

Runner Bios OPEN ATHLETES



Name: Benita Johnson
Bib #: 1
Residence: Australia
Age: 28

PRs
14:47 5,000m, 30:37 10,000m,
2:26:36 Marathon

Accomplishments

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



Name: Mariya Knovalova
Bib #: 2
Residence: Russia
Age: 34

PRs
14:38 5,000m, 30:35 10,000m,
70:48 Half Marathon

Accomplishments

9th 2009 Bay to Breakers 12k
1st 2009 Moscow Indoor
Championships 3,000m
2nd 2009 Galan 5,000m
4th 2009 Russian Indoor
Championships 3,000m
1st 2008 Christmas Stars 2,000m
1st 2008 ECCC Cross Country 6,000m
1st 2008 Irkutsk Athletes Memorial 3,000m
2nd 2008 Russian Championships 10,000m
3rd 2008 Russian Championships 5,000m
5th 2008 Olympic Games 10,000m
2nd 2007 Russian Championships 5,000m
4th 2007 European Cross Country



Name: Teyba Erkesso
Bib #: 3
Residence: Ethiopia
Age: 26

PRs
15:02 5,000m, 31:13 10,000m

Accomplishments

2nd 2009 Bolder Boulder
1st 2009 Bay to Breakers 12k
1st 2009 MDS Nordion 10K
2nd 2009 Bloomsday Run
1st 2009 Houston Marathon
(Course Record – 2:24:18)
3rd 2007 Freihofer's Run for Women 5K
4th 2007 Bolder Boulder
2nd 2007 Bloomsday Run
1st 2007 Vancouver Sun Run
1st 2007 Crescent City Classic
1st 2007 Cherry Blossom 10 Mile
(World Best 51:44)

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Name: Jane Gakunyi
Bib #: 4
Residence: Kenya
Age: 29

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 Championship
 Short Course
 3rd 2003 World Cross Country Championship
 Short Course
 Last few years has raced in Japan
 8th 2009 Bolder Boulder
 4th 2008 Freihofer's Run for Women 5k
 4th 2008 BAA Half Marathon
 3rd 2008 CVS Downtown 5K
 5th 2008 Beach to Beacon



Name: Millicent Gathoni
Bib #: 5
Residence: Kenya
Age: 22

PRs
 32:49 10K (at altitude)

Accomplishments
 5th 2009 Bolder Boulder
 1st 2008 Bolder Boulder
 9th 2008 Kenyan Cross-Country
 Championships
 8th 2008 Lilac Bloomsday
 5th 2008 FRW
 7th 2008 Beach to Beacon
 5th 2008 Freihofer's Run for Women 5k



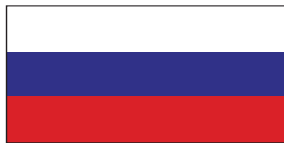
Name: Elva Dryer
Bib #: 6
Residence: USA
Age: 37

PRs
 15:01 5,000m, 31:21 10,000m

Accomplishments
 Two time Olympian - 2004 Olympic 10,000m
 and 2000 Olympic 5,000m
 12th 2009 Boston Marathon
 1st 2009 Austin Half-Marathon
 4th 2009 US 15k Championship
 2nd 2008 US 20k Championship
 8th 2008 US 8k Championship
 3rd 2007 US 10k Championship
 2nd 2007 US 20k Championship
 1st 2007 US Half Marathon Championship
 5th 2007 Beach to Beacon
 6th 2007 ING NYC Marathon
 1st 2005 Bolder Boulder 10k
 2nd 2004 Freihofer's Run for Women
 1st 1997 Freihofer's Run for Women

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Name: Marina Ivanova
Bib #: 7
Residence: Russia
Age: 27

PRs
 15:14 5,000m, 31:19 10,000m

Accomplishments
 20th 2009 Bolder Boulder
 3rd 2009 Rite Aid Cleveland 10k
 5th 2008 Russian Championship 10,000m
 8th 2008 Russian Championship 5,000m
 4th 2008 Beach to Beacon 10k
 3rd 2007 Russian Championship 10,000m
 7th 2007 World Student Games 5,000m



Name: Genoveva Kigen
Bib #: 8
Residence: Kenya
Age: 29

PRs
 15:55 5k, 32:11 10k

Accomplishments
 3rd 2009 Bloomsday Run
 2nd 2009 Crescent City Classic
 1st 2009 Azalea Trail Run
 8th 2008 Freihofer's Run for Women 5k
 1st 2008 Crescent City Classic
 1st 2008 Azalea Trail Run
 3rd 2008 Carlsbad Classic 5000



Name: Dulce Maria Rodriguez
Bib #: 9
Residence: Mexico
Age: 36

PRs
 15:18 5k, 31:25 10k, 2:28:54 Marathon

Accomplishments
 Olympian 2008 10,000m, 2004 5,000m,
 2000 5,000m
 4th 2009 Bolder Boulder
 6th 2008 Bolder Boulder 10k
 2nd 2008 Jakarta 10k
 2nd 2008 Mexican Olympic Marathon Trials
 4th 2008 Berlin Half Marathon
 2nd 2007 Pan American Games 10,000m
 3rd 2007 Stamilano Int. Half Marathon
 10th 2007 Chicago Marathon
 5th 2007 Philadelphia Distance Classic

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Runner Bios
OPEN ATHLETES



Name: Sally Meyerhoff
Bib #: 10
Residence: USA
Age: 25

PRs
 16:11 5000m, 33:30, 54:38 10 mile (American Record all women's race)

Accomplishments
 7th 2009 Cherry Blossom 10 mile
 (American Record all women's race 54:38)
 9th 2009 Gate River Run 15k
 5th 2009 PF Chang's Rock N Roll Marathon
 1st 2008 Fiesta Bowl Half Marathon
 14th 2008 New York City Marathon
 4th 2008 Rock N Roll Half Marathon
 9th 2008 USA 8k National Championship
 4th 2008 San Diego Half Marathon
 3rd 2008 Grandma's Marathon
 6th 2008 PF Chang's Rock N Roll Marathon



Name: Rose Kosgei
Bib #: 11
Residence: Kenya
Age: 27

PRs
 15:21 5k, 32:23 10k

Accomplishments
 4th 2009 Bloomsday Run
 1st 2009 Hervis Half Marathon Prague
 2nd 2009 Great Rift Cross Country 8k
 3rd 2008 5th Avenue Mile
 2nd 2008 Bay to Breakers
 1st 2008 Trolley Run
 2nd 2008 Carlsbad 5000
 5th 2007 Crim Road Race
 1st 2007 Deseret News 10k



Name: Natalia Sokolova
Bib #: 12
Residence: Russia
Age: 27

PRs
 15:34 5000m, 32:28 10,000m,
 73:36 Half Marathon

Accomplishments
 10th 2009 Bolder Boulder
 4th 2009 Rite Aid Cleveland 10k
 1st 2008 California International Marathon
 1st 2008 St Petersburg Marathon
 1st 2006 Vytra Long Island Women's 5k
 1st 2006 Virginia Derby Day 5k
 9th 2006 Russian National Championship 10k
 2nd 2006 Red Army Road Run 10k
 4th 2005 Russian Cross Country
 Championship 8k

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Name: Adriana Pirtea
Bib #: 14
Residence: Romania
Age: 29

PRs
 15:36 5k, 33:21 10k, 69:59 Half Marathon,
 2:28:52 Marathon

Accomplishments
 24th 2009 Bolder Boulder
 12th 2008 Chicago Marathon
 10th 2008 London Marathon
 1st 2008 Romanian National
 Championship 5,000m
 1st 2008 Romanian National
 Championship 10,000m
 10th 2008 Beach to Beacon
 2nd 2007 Chicago Marathon
 1st 2007 Romanian National
 Championship 5,000m
 1st 2007 Romanian National
 Championship 10,000m
 10th 2007 World's Best 10k
 3rd 2006 Houston Half Marathon
 1st 2006 Romanian National
 Championship 5,000m



Name: Ashu Kasim
Bib #: 15
Residence: Ethiopia
Age: 24

PRs
 15:32 5,000m; 31:46 10,000m

Accomplishments
 6th 2009 Bolder Boulder
 4th 2009 Paris Marathon
 1st 2008 St Denis France Half Marathon
 3rd 2008 Bix 7
 2nd 2008 Peachtree Road Race
 8th 2008 Bolder Boulder
 6th 2007 Philadelphia Distance Run



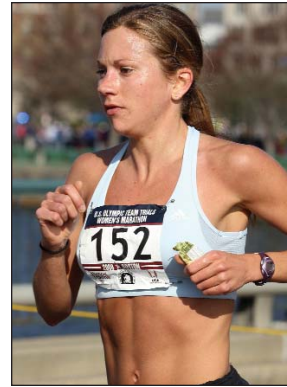
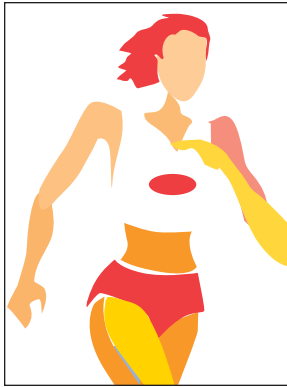
Name: Diane Nukuri
Bib #: 17
Residence: Burundi
Age: 24

PRs
 15:55 5,000m, 33:17 10,000m,
 76:16 Half Marathon

Accomplishments
 Olympian 2000 5,000m
 Two-time All American
 10th 2009 Carlsbad 5000
 3rd 2008 All Big Ten Indoor 5,000m
 12th 2008 NCAA Indoor
 Championship 5,000m
 1st 2008 Big Ten Outdoor
 Championship 5,000m
 2nd 2007 Big Ten Indoor
 Championship 3,000m & 5,000m
 7th 2007 NCAA Outdoor
 Championship 10,000m
 1st 2007 Drake Relays 5,000m
 2nd 2007 Big Ten Outdoor
 Championship 5,000m
 4th 2007 Big Ten Outdoor
 Championship 10,000m
 2007 Big Ten Cross Country Champion

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Name: Rene Kalmer
Bib #: 19
Residence: South Africa
Age: 29

Name: Mamitu Daska
Bib #: 21
Residence: Ethiopia
Age: 25

Name: Tera Moody
Bib #: 22
Residence: USA
Age: 28

PRs
 4:06.71 1,500m, 15:35 5,000m, 32:28 10K,
 71:56 Half Marathon

PRs
 33:25 10k

PRs
 16:26 5k (alt), 26:58 8k, 33:50 10k,
 2:33:54 Marathon

Accomplishments
 Raced mostly in Europe and South Africa
 First time competing in US on the roads
 2008 Olympian 1,500m
 Member, South African World Cross Country
 Teams in 2006, 2005, and 2001
 Member, South African IAAF World
 Championship Team 2001

Accomplishments
 1st 2009 Bolder Boulder
 3rd 2008 Parkersburg Half Marathon
 6th 2008 Bix 7
 4th 2008 Falmouth Road Race

Accomplishments
 14th 2009 Bolder Boulder
 2nd 2009 Shamrock Shuffle 8k
 17th 2009 Cherry Blossom 10 Mile
 19th 2009 Gate River Run
 6th 2008 USA 10k National Championship
 5th 2008 USA Olympic Marathon Trials
 6th 2008 Gate River Run 15k
 7th 2008 Houston Half Marathon
 9th 2007 Chicago Marathon
 6th 2007 New Haven 20k
 1st 2007 Shamrock Shuffle 8k

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Runner Bios
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Name: Salome Kosgei
Bib #: 24
Residence: Kenya
Age: 28

PRs
16:01 5,000m

Accomplishments
2nd 2009 Bermuda International 10k
1st 2009 Bermuda International Half Marathon
2nd 2009 Shamrock 8k
2nd 2008 Ntelos 8k
1st 2008 Run to Feed the Hungry 10k



Name: Toni Wiszowaty
Bib #: 25
Residence: USA
Age: 22

PRs
16:34 5,000m, 33:57 10,000m

Accomplishments
2008 Olympic Trials Qualifier
6-time NCAA Division III All-American
2008 NCAA Division III Atlantic Region Athlete of the Year
5th Best NCAA Division III 10k Runner
5-time conference champion
1st 2008 Penn Relays 10k

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Runner Bios

MASTERS ATHLETES



Name: Paula Wiltse
Bib #: 41
Residence: Canada
Age: 42

PRs
17:02 5k, 33:35 10k, 77:40 Half Marathon

Accomplishments

1st Master 2008 Freihofer's Run for Women
1st Master 2008 Niagara Falls Int
Half Marathon
1st Overall 2008 Montreal Int Half Marathon
1st Master 2008 Chris Thater 5k
1st Master 2008 Subaru Chase 4 mile
1st Master 2008 Nordion 10k
2nd Master 2008 Sun Run 10k



Name: Colleen DeReuck
Bib #: 42
Residence: USA
Age: 45

PRs
15:29 5k, 31:16 10k, 2:26:35 Marathon

Accomplishments

Olympian 1992 Marathon, 1996 10,000m, 2004 Marathon, and 2000 Marathon American Record Holder Masters Division 5k, 10k, 12k, 15k, 20k, Half Marathon, and Marathon
8th 2009 Boston Marathon (2:35:37)
11th 2009 World's Best 10k – 1st Master
3rd 2009 Chevron Houston Half Marathon – 1st Master
6th 2009 Gate River Run 15k – 1st Master
13th 2006 Chicago Marathon
5th 2006 New York Half Marathon
6th 2006 Philadelphia Half Marathon
2nd 2006 USA Winter Cross Country 8k
5th 2006 Gate River Run 15k
9th 2006 Falmouth Road Race
4th 2005 Chicago Marathon
2nd 2005 New Haven 20k
1st 2005 River Bank 25k
1st 2004 US Olympic Marathon Trials
1st 2004 Gate River Run 15k
3rd 2004 Freihofer's Run for Women 5k – 1st Master American and World Record 15:48



Name: Carmen Troncoco
Bib #: 43
Residence: USA
Age: 50

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

Accomplishments

5th Master 2008 Freihofer's Run for Women 5k
1st 2008 Run for the Water 10 Mile
1st Master 2008 USATF Pacific Assoc.
Cross Country Championship
1st Master 2008 Turkey Trot 5k
1st Master 2008 National Cross
Country Championship 6k
3rd Master 2008 3M Half Marathon
2006 Running Times Runner of the Year
45-49 age group
1st Master 2006 Carlsbad 5000
1st Master 2006 Freihofer's Run for Women
4-time USA Olympic Trials participant
Track & Field
National Masters 5K-road
Champion 99,00,03,05,06
2005 Masters World Champion
45-49 age 5000m & 8k XC
1st Master 2005 Freihofer's Run for Women
4th Master 2005 Peachtree Road Race 10K

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Runner Bios

MASTERS ATHLETES



Name: Anzhelika Averkova
Bib #: 44
Residence: Ukraine
Age: 40

PRs
 15:38 5k, 33:07 10K, 73:05 Half Marathon,
 2:35:37 Marathon

Accomplishments
 15th 2009 Boston Marathon (2:44.19)
 2nd 2008 La Rochelle Marathon France
 4th 2008 Warsaw Half Marathon
 4th 2008 Ukraine 10K Championship
 3rd 2008 Country Music Marathon
 1st 2007 Detroit Free Press Marathon
 1st 2007 Ukraine 10K Championship
 1st 2002 Ukraine National Championship
 3,000m Steeplechase



Name: Trina Painter
Bib #:
Residence: USA
Age: 42

PRs
 15:38 5k, 32:02 10K, 1:11:07 Half Marathon,
 2:35 Marathon, 4:18 1500

Accomplishments
 17:14 at 2009 Sun Angel Track Meet (ASU)
 35:30 at 2009 Master's 10k Champ.
 Heritage Oaks 10k
 1st Master 2007 Houston Half Marathon
 Three-time Olympic Trials competitor



Name: Joan Benoit Samuelson
Bib #: 52
Residence: USA
Age: 51

PRs
 15:40 5 km; 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 10 km
 2nd 2005 Master Twin Cities Marathon
 4th 2006 Master Freihofer's Run for Women
 2009 - Set American Record for 3,000m
 for women 50+ USA Masters
 Indoor Championship
 2008 - Set American Record for 5k for
 women 50+ CVS Downtown 5k
 2008 - Set American Record for marathon for
 women 50+ US Marathon Trials