

Adam Condit

adamcondit@gmail.com

Running Resume – 1/1/2012

Biography

Focus: 5k – Marathon
DOB: 04/09/1983
Hometown: La Crosse, WI
Current Residence: Cedar Rapids, IA
Height: 5'11"
Weight: 137 lbs.
1997 – 2001: La Crosse Central High School XC / Track
2001 – 2005: University of Wisconsin – Eau Claire XC / Track
2005 – 2008: Self coached
2008 – 2011: Potomac River Running – DC Metro Area – Self coached
2011 – current: Sponsored by RunABlaze Iowa – Cedar Rapids, IA – Self coached

Personal Records

1500m (outdoor)	3:57.22	05/2005
1 mile (indoor)	4:16.29	02/2005
3000m (indoor)	8:43.45	02/2005
5000m (outdoor)	14:55.25	05/2011
5k (road)	15:07	03/2011
8k (XC)	25:39	11/2004
8k (road)	25:19	03/2008
5 mile (road)	25:19	03/2010
10,000m (outdoor)	never run	
10k (road)	31:52	04/2011
10 mile (road)	52:28	04/2011 (debut)
Half Marathon	1:09:47	03/2008
Marathon	2:27:20	10/2011

Personal

Spouse	Alicia Condit
Son	Shane Condit (DOB 4/1/2010)
BS Math & Physics	2005 UW-Eau Claire
MS Engineering Mechanics	2007 UW-Madison
Current Occupation	Systems Engineer – Rockwell Collins
Founder, coach, blogger	Think Plan Run – www.thinkplanrun.com



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