

ELLEN RIES

Events: Distance

Height: 5'6"

PR's: 800m 2:09.9 (2007) Indoor 1000m 2:49 (2008) 1500m 4:27 (2010) Indoor Mile 4:49 (2010) 3000m Steeplechase 10:51 (2008) Cross Country 5k 17:53 (2006) Cross Country 6k 21:43 (2006) 8k 29:12 (2011) 10k 36:49 (2010) Half-Marathon 1:19:54 (2011)

Birth date: 12/15/1986

Current Residence: West Des Moines, Iowa

High School: North-Linn High School, 2005

College: University of Missouri, 2010

Club: Iowa's RunABlaze

Career Highlights:

2011: Placed 2nd in half-marathon debut at Cellcom Green Bay Half-Marathon. Placed 11th at Chicago Shamrock Shuffle 8k.

2010: Qualified for first round of NCAA championships in 1500m. All Big XII performer in 1500m. Placed 2nd at Scheels Shoes That Fit 10k, West Des Moines, Iowa.

2009: All Big XII performer 1500m outdoor, 1000m indoor and distance medley relay.

2008: All Big XII performer 1000m indoor.

2007: All Big XII performer 800m indoor. Did not compete outdoor due to injury.

2006: All Big XII performer distance medley relay.

High School: 13 time state track champion, 2 time state cross-country champion, 800m Drake Relays champion