

# Jen Van Otterloo

**Born:** May 23,1986

**Residence:** Sioux Center, Ia

**High School:** Unity Christian

**College:** Dordt College in Sioux Center

**Events:** Mid-Distance – Distance

**PR's:** 800- 2:11 (2008),1000- 2:59.1 (2008),  
1500- 4:42.48(2009)1600- 5:02.06(2008),  
5k Outdoor- 17:46 (2008), 5k XC 17:40(2008)  
3000m Steeple Chase 10:30 (2008)  
10k on the Road  
Half Marathon 1:23

**Running Club:** Runablaze

**Coach:** Self Coached

**Contact Information:** j.j.vanotterloo@gmail.com

**Personal:**Graduated from Dordt College in the Winter of 08 with a double major of education and recreation. Education degree consisting of endorsements in P.E and Health for grades K-12 and also a coaching endorsement. Recreation Degree is in the emphasis of sports fitness. Currently employed as an Elementary P.E. teacher grades K-4. Living and training in the town of Sioux Center in the Northwest Corner of Iowa.

## **Running Career:**

### **2009:**

- Unattached indoor season. Bests of 3:02.47 in the 1000m, 2:16.84 in the 800m, 5:07.6 in the mile. Unattached outdoor season. Bests of 2:15.26 in the 800m, 4:42.48 in the 1500 - a new personal best, 10:45 in the 3000m Steeple Chase. Including the unattached runners at Drake a 9<sup>th</sup> place time of 10:46.
- XC/Road Race 5k's. Best of 18:00
- 10k Debut at Turkey Day 2<sup>nd</sup> place 38.20
- Half- Marathon Debut at Des Moines Woman 6<sup>th</sup> overall 1:23

### **2008:**

- NAIA All American 9<sup>th</sup> Place XC 17:46, GPAC XC Champion, GPAC Woman XC Athlete of the year.
- NAIA Indoor 3<sup>rd</sup> place All American in the 800m 2:13.7, All American 3<sup>rd</sup> place 4x800 relay. GPAC Mile champion.
- NAIA Outdoor 2<sup>nd</sup> place All American in the Steeple Chase (10:30), All American 4<sup>th</sup> place 4x 800 relay. GPAC Steeple Chase Champion. GPAC- Woman Athlete of the Year Track and Field.

### **2007:**



- NAIA All American 17<sup>th</sup> Place XC 18:14
- NAIA Indoor 3<sup>rd</sup> place All American in the 1000m 2:59.7, 4x800 7<sup>th</sup> place, GPAC Indoor 1000m Champion.
- NAIA Outdoor 2<sup>nd</sup> place All American Steeple Chase , GPAC Champion in Steeple, re-broke my own record.

**2006:**

- NAIA National Qualifier XC 31<sup>st</sup> place. (First year college XC)
- NAIA Outdoor National Champion in the Steeple Chase (10:55), GPAC Steeplechase champion and record holder.

**2005:**

- NAIA 4x800 relay national qualifier Indoor and Outdoor.

**2004:**

- Iowa Highschool T&F Class 2A 1500m State Champion, and High jump State Champion. Distance Medley 2<sup>nd</sup> place , 400m Hurdles 6<sup>th</sup> place
- Iowa Highschool XC 5<sup>th</sup> place Class 2A

**2003:**

- Iowa Highschool T&F Class 2A 4x 800 relay 2<sup>nd</sup> place, 400m Hurdles 7<sup>th</sup> place, 4x400m relay 6<sup>th</sup> place
- Iowa Highschool XC 16<sup>th</sup> Place Class 2A

**2002:**

- Iowa Highschool T&F Class 2A 4x800 relay 6<sup>th</sup> place, Distance Medley
- Iowa Highschool XC 7<sup>th</sup> Place Class 2A

**2001:**

- Iowa Highschool T&F Class 2A 1500m 9<sup>th</sup> place, 4x800 relay 2<sup>nd</sup> place.
- Iowa Highschool XC 23<sup>rd</sup> Place Class 2A