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Personal Info

Date of Birth	12/11/1982
Residence	West Amana, IA
Height/Weight	6'5"/ 175
High School	Clear Creek Amana in Tiffin, IA
College	Mount Mercy in Cedar Rapids, IA
Coach	Self

Career Bests (as of 6/13/11)

800m (outdoor track)	2:05.02	Steve Sherwood Relays	3/11
1500m (outdoor track)	4:18.51	Augustana Early Spring Classic	3/11
Mile (indoor track)	4:34.37	Heartland Open/Masters Meet	3/10
3k (indoor track)	8:59.74	UNI Dome Open	2/10
5k (outdoor track)	15:24.50	Central Invite	4/11
5k (roads)	15:43	Williamsburg Freedom Run	5/11
8k (roads)	26:17	Alliant Energy Fifth Season 8k	7/10
10k (outdoor track)	32:52.88	Dick Young Classic	4/11
10k (roads)	32:48	Passionately Purple Quest for a Cure	3/11
Half-Marathon	1:13:40.32	Imagine Grinnell Half Marathon	6/11
Marathon	2:39:51	Bank of America Chicago Marathon	10/10

Career Highlights

2011 Finished 1st at CVRA Freezefest 5k in 16:24, 1st at Gaelic Gallop 8k in 26:44, 1st in the Passionately Purple Quest for a Cure 10k in 32:48 (PR and course record), 9th at Central Invite (5k) in 15:24.5 (PR), 1st at Hayes Hustle 5k in 16:19, 1st at Dick Young Classic 10k in 32:52.88 (PR), 1st in Knight Flight 5k in 16:02, 1st at CRFD Memorial Run (3mi) in 15:05, 1st at Williamsburg Freedom Run in 15:43 (PR), 17th at Dam to Dam in 1:09:26 (PR), 1st in Keota Fun Run 10k in 33:01 (PR) and 1st at Imagine Grinnell Half Marathon in 1:13:40.32 (PR).

2010 Finished 1st in the 3k at UNI Dome Open in 8:59.74 (PR), 3rd in the 10k at Sioux City Relays in 32:53.24 (PR), 8th at Circle of Life IU Mini Marathon (half marathon) in 1:14:22 (tied PR), 13th at Drake Relays on the Roads 8k in 26:30 (PR), 1st at Lincolnway 10 Mile in 54:55 (PR and course record), 1st at CRFD Memorial 5k in 15:50 (PR and course record), 25th at Dam to Dam 20k in 1:11:08 (PR), 1st at Keota Fun Run 5k in 15:45 (PR and course record), 13th at Alliant Energy 5th Season 8k in 26:17 (PR), 46th at Quad Cities Times Bix 7 (7 mi) in 38:18 (PR), 1st at Swisher 5k Run in 16:36 (course record), 1st at ZAGRATA 5k in 15:45 (tied PR and course record), 175th at Bank of America

Chicago Marathon in 2:39:51 (PR), 1st at Return of the Turkey Trot in 26:26, 6th at ISU Holiday Preview Meet (3k) in 9:09.95, 1st in Hawkeye 25k (trail race) in 1:45:09.
2009 Finished 10th at Circle of Life IU Mini Marathon in 1:14:31, 325th at BAA Boston Marathon in 2:46:35 (PR), 1st at Keota Fun Run 5k in 16:13 (course record), 23rd at Alliant Energy 5th Season 8k in 26:35 (PR), 1st at WYLS 5k in 16:29.84 (course record), 54th at Quad Cities Times Bix 7 (debut) in 38:49, 1st at Marengo Memorial Hospital 5k in 16:18.54 (course record), 1st at ZAGRATA (5k) in 15:55 (2nd fastest in course history and PR), 1st at Midwest One Bank Run for Schools in 1:14:22 (PR), 2nd at Sullivan Brothers Veterans Run 10k in 33:56.1 (PR), 9th at ISU Holiday Preview Meet (3k) in 9:06.86 (PR).

2008 Finished 6th at Circle of Life IU Mini Marathon in 1:18:49, 888th at BAA Boston Marathon in 2:57:04, 1st at Keota Fun Run 10k in 35:33 (course record), 1st at Farm Bureau Classic 10k in 34:51 (second fastest in course history), 1st at WYLS 5k in 17:04.36 (course record), 1st at Watermelon Stampede in 16:38, 19th at Alliant Energy 5th Season 8k in 27:43, 1st at ZAGRATA in 16:24, 2nd at Sullivan Brothers Veterans Run 10k in 34:41, 9th at ISU Holiday Preview Meet (3k) in 9:24.93

2007 Finished 3rd at UWP Platteville Open (5k) in 17:11.47, did not compete during the spring due to injury, 1st at Keota Fun Run 10k in 36:27 (course record), 52nd at Alliant Energy 5th Season 8k in 28:57, 1st at Iowa Games (1500m) at 4:34, 10th at Sioux Falls Half Marathon in 1:18:01, 30th at IMT Des Moines Marathon in 3:03:23, 5th at Return of the Turkey Trot in 27:36:38

2006 Finished 14th at Midland Lutheran Warrior Half Marathon in 1:16:54, 33rd at NAIA National Outdoor Track & Field Championships (marathon) in 2:55:34, 1st at Keota Fun Run 10k in 37:40, 8th at Return of the Turkey Trot in 28:05

Accolades

Midwest Classic Conference All-Conference Team, Cross Country, 2003
NAIA Scholar Athlete, Cross Country, 2005
NAIA National Outdoor Track & Field Meet Qualifier, Marathon, 2004 & 2006
NAIA Scholar Athlete, Track & Field, 2006
Mount Mercy College Athlete of the Month, May 2006

Related Experiences

Head Coach, Boys Cross Country, Xavier High School, Cedar Rapids, IA
Associate Head Coach, Track and Field, Xavier High School, Cedar Rapids, IA
Volunteer Coach, Cedar Rapids Track Club, Cedar Rapids, IA
Asst. Manager, Running Wild, Cedar Rapids, Coralville, and West Burlington, IA
Board Member, Cedar Valley Running Assoc.
*also have been involved on numerous fun run/road race committees since 2006