

## Robyn Friedman (formerly Robyn Olson) Running Resume



### Personal Records

Marathon: 2:35:04 at Boston Olympic Trials Marathon 2008

Half-Marathon: 1:16:06 at Drake Relays On the Roads Half Marathon 2009

20K: 1:11:10 at Dam to Dam in Iowa 2009

10 miles: 1:00 at Capital Pursuit in Des Moines Iowa 2006

10K: 34:58 at Midnight Madness 10K 2008

8K: 27:59 at Alliant Energy 8K 2007

5K: 16:50 at Indianola Balloon Days, Indianola, Iowa 2006

### Recent Running Victories/Successes

Twin Cities Marathon 2009 (US Women's National Championships) – 6<sup>th</sup> place (2:36:42)

Grandma's Marathon 2009 – 3<sup>rd</sup> place (2:38:03)

Boston Olympic Trials Marathon 2008 – 9<sup>th</sup> place (2:35:04)

New York City Marathon 2007 – 7<sup>th</sup> place and 2<sup>nd</sup> American Female (2:39:19)

New York City Marathon 2008 – 16<sup>th</sup> place and 6<sup>th</sup> American Female (2:41:15)

Twin Cities Marathon 2007 – 4<sup>th</sup> place and Top American Female (2:42:15)

Des Moines Marathon 2009 – 1<sup>st</sup> place (2:41:28), 2006 - 1<sup>st</sup> place (2:42:19)

Park to Park 1/2 marathon 2007, 2008, 2009 - 1<sup>st</sup> place

Drake Relays 1/2 marathon 2009 and 2006 – 1<sup>st</sup> place, 2007 - 2<sup>nd</sup> place

Dam to Dam 20K 1<sup>st</sup> place in 2004 and 2007, 2<sup>nd</sup> place in 2009

### Honors

9 Time All American in XC and Track while at Wartburg College (1991-1995)

NCAA Woman of the Year for state of Iowa in 1995

Won **all** Iowa Conference races competed in during both XC and Track 1991-1995 (14 events total). Member of Wartburg College Athletic Hall of Fame (inducted 2005)

Competed in 2004 Women's Marathon Olympic Trials and placed 38<sup>th</sup> with a 2:45 time  
Competed in 2008 Women's Marathon Olympic Trials and placed 9<sup>th</sup> overall with a  
2:35:04 time

Qualified with "A standard" time of 2:36:42 for 2012 Marathon Olympic Trials

Education/Career

BA from Wartburg College 1995

Masters in Physical Therapy from University of Iowa 1997

Currently employed as physical therapist for Skiff Medical Center, Newton, Iowa

Councilperson on Lambs Grove City Council

Personal

Married for almost 10 years to Bryan Friedman

Mother to Isaac (8) and Leo (4)

Self-coached since leaving Wartburg in 1995