

# ATHLETE BIOGRAPHIES

USA WOMEN'S 10 MILE CHAMPIONSHIPS

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### **Katie McGregor –1**

Edina, Minnesota

Age: 34 (9-2-77)

Personal Bests:	5000m	15:22.6
	8K	25:36
	10,000m	31:21.2
	15K	49:51
	10 Mile	53:48
	20K	1:07:52
	Half Marathon	1:12:01
	25K	1:25:53
	Marathon	2:31:01

Highlights: 3<sup>rd</sup>-place, 2011 USA 20K Championships  
6<sup>th</sup>-place, 2011 USA 15K Championships  
4<sup>th</sup>-place, 2011 USA Half Marathon Championships  
Champion, 2010 USA 10 Mile Championships  
Champion, 2010 USA 25K Championships  
Champion, 2010 USA 15K Championships  
4<sup>th</sup>-place, 2008 U.S. Olympic Trials 10,000m  
Champion, 2007 USA 25K Championships  
Champion, 2006 USA 10K Championships  
Champion, 2005 USA Outdoor Championships 10,000m  
Champion, 2005 USA 10K Championships

Defending champion McGregor is one of the most decorated runners ever to make a home in Minnesota. The Ohio native is a seven-time USA Champion – winning two USA 10K and USA 25K titles as well as a USA 15K crown and a USA Outdoor Championships 10,000m title to go along with last year's win at the USA 10 Mile. The University of Michigan graduate is a six-time winner of the Medtronic TC 10 Mile. In 2010, McGregor won the USA Running Circuit title and was named USA Track and Field's Women's Long Distance Runner of the Year.

### **Serena Burla – 4**

Falls Church, Virginia

Age: 29 (9-27-82)

Personal Bests:	10K	32:47
	Half Marathon	1:10:08
	Marathon	2:35:08

Highlights: 2<sup>nd</sup>-place, 2011 USA Half Marathon Championships  
2<sup>nd</sup>-place, 2010 USA Half Marathon Championships  
4<sup>th</sup>-place, 2010 USA Marathon Championships  
17<sup>th</sup>-place, 2009 IAAF World Half Marathon Championships

Besides being a world-class runner, Serena Burla is a wife, mother, and cancer survivor.

### **Stephanie Rothstein -- 5**

Flagstaff, Arizona

Age: 27 (1-14-84)

Personal Bests: 5000m 16:10  
5K 16:31  
10K 33:14  
10,000m 33:08  
12K 41:31  
Half Marathon 1:13:19  
Marathon 2:29:35

Highlights: 3<sup>rd</sup>-place, 2011 Houston Marathon  
19<sup>th</sup>-place, 2010 IAAF World Half Marathon Championships  
4<sup>th</sup>-place, 2010 USA 10K Championships  
Runner-up, 2010 USA 20K Championships

Rothstein, who made her marathon debut at Twin Cities with a 5<sup>th</sup>-place finish in 2008, has emerged as a contender for a spot on the USA Olympic team in the marathon with her 2:29:15 clocking at the Houston Marathon this January.

### **Molly Pritz -- 6**

Rochester, Michigan

Age: 23 (4-7-88)

Personal Bests: 5K 15:56  
10K 32:59  
15K 51:44  
10 Mile 54:55  
Half Marathon 1:11:05

Highlights: Champion, 2011 USA 25K Championships

Pritz plans to make her marathon debut next month at the ING New York City Marathon.

### **Blake Russell -- 8**

Pacific Grove, California

Age: 36 (5-24-75)

Personal Bests: 5000m 15:10.58  
10,000m 31:35.25  
Marathon 2:30:32

Highlights: 3<sup>rd</sup>-place, 2008 U.S. Olympic Marathon Trials  
3<sup>rd</sup>-place, 2006 USA Outdoor Championships 5,000m  
Runner-up, 2005 USA Outdoor Championships 10,000m  
4<sup>th</sup>-place, 2004 Olympic Marathon Trials  
4<sup>th</sup>-place, 2003 USA Outdoors 10,000m  
3<sup>rd</sup>-place, 1999 Pan American Games 5,000m

Russell made her marathon debut at the 2003 Medtronic Twin Cities Marathon which she won with a gritty, wire-to-wire run. The North Carolina native finished a heartbreaking 4<sup>th</sup> at the 2004 Olympic Marathon Trials in St. Louis – losing the final spot on the Olympic team in the final mile of the race. In 2008, however, Russell earned an Olympic berth in the marathon with a 3<sup>rd</sup>-place finish at the Trials in Boston.

### **Dot McMahon -- 9**

Royal Oak, Michigan

Age: 34 (11-6-76)

Personal Bests: 5K	16:31
8K	27:23
10K	34:05
15K	54:40
10 Mile	59:20
20K	1:09:32
Half Marathon	1:13:07
25K	1:28:38
Marathon	2:35:02

Highlights: Runner-up, 2011 USA 25K Championships  
17<sup>th</sup>-place, 2010 Chicago Marathon  
3<sup>rd</sup>-place, 2010 USA 25K Championships  
24<sup>th</sup> place, 2008 World Half Marathon Championships  
5<sup>th</sup>-place, 2008 USA 20K Championships  
8<sup>th</sup>-place, 2008 USA Olympic Marathon Trials

### **Emily Brown -- 29**

Minnetonka

Age: 27 (7-6-84)

Personal Bests: Steeplechase	9:45.4
5000m	15:19.6
10,000m	33:00.74
10K	33:41
12K	41:11
15K	50:06
10 Mile	56:40

Highlights: 3<sup>rd</sup>-place, 2011 USA 5k Championships  
7th-place, 2010 USA Cross Country Championships  
Champion, 2009 USA Cross Country Championships  
3rd-place, 2009 USA 15K Championships  
18th-place, 2008 World Cross Country Championships  
3rd-place, 2008 USA Cross Country Championships

Brown displayed her current fitness in September with a 3<sup>rd</sup>-place finish at the USA 5k Championships in Providence, Rhode Island. After a successful career at the University of Minnesota – where Brown won a Big Ten steeplechase title and was a four-time All-American – the West Allis, Wisconsin native made a major splash in 2008 at the start of her professional career. Brown made a USA World Cross Country team and qualified for both the steeplechase and 5000m at the U.S. Olympic Track and Field Trials. In 2009, she won the USA Cross Country title and finished 3rd at the USA 15K Championships.

### **Janet Cherobon-Bawcom – 43**

Rome, Georgia

Age: 33 (8-22-78)

Personal Bests: 10K	32:37
15 K	49:58
Half Marathon	1:10:59
Marathon	2:37:27

Highlights: Champion, 2011 USA 20K Championships  
Champion, 2011 Cow Harbor 10K  
Champion, 2010 Indy 500 Half Marathon

A native of Kenya and now an American citizen, Cherobon-Bawcom was recently cleared by the IAAF to represent the United States in international competition.

**Meghan Peyton -- 13**

Richfield, Minnesota

Age: 25 (1-6-86)

Personal Bests: 5000m	15:41.1
10,000m	32:59.11
15K	51:18
10 Mile	55:20
Half Marathon	1:13:43

Highlights: 5<sup>th</sup>-place, 2011 USA 5K Championships  
5<sup>th</sup>-place, 2011 USA 15K Championships  
4<sup>th</sup>-place, 2010 USA 10 Mile Championship  
5<sup>th</sup>-place, 2010 USA 5K Championships

A member of Team USA Minnesota since 2008, last season was a breakthrough year for Peyton. The former University of Iowa star notched two top-five finishes in USA Championships, including a 4<sup>th</sup>-place finish at the USA 10 Mile last year. In 2011 she matched her 5<sup>th</sup>-place finish at the USA 5K and also finished 5<sup>th</sup> at the USA 15K.

**Other Notables ...**

**Melissa Johnson-White – 10 (Lake Orion, Michigan)**

**Paige Higgins – 11 (Littleton, Arizona)**

**Sarah Porter – 12 (Blowing Rock, North Carolina)**

**Kristen Fryburg-Zaitz – 14 (Bloomfield, Colorado) ... 10<sup>th</sup>-place at 2010 USA 10 Mile**

**Mary Akor – 17 (Hawthorne, California) ... a three-time Grandma's Marathon champion**

**Kristen Nicolini – 33 (Minneapolis, Minnesota) ... 2007 Medtronic TC 10 Mile champion**

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## USA MEN'S 10 MILE BIOGRAPHIES

### **Abdi Abdirahman -- 1**

Tucson, Arizona

Age: 34 (1-1-77)

Personal Bests: 5000m	13:13.32
10,000m	27:16.99
Half-Marathon	61:07
Marathon	2:08:56

Highlights: Champion, 2009 USA 10 Mile Championships  
Champion, 2008 USA Outdoor Championships 10,000m  
Champion, 2007 USA 10 Mile Championships  
Champion, 2007 USA Outdoor Championships 10,000m  
Champion, 2006 USA 10 Mile Championships  
Champion, 2005 USA 10 Mile Championships  
Champion, 2005 USA Outdoor Championships 10,000m  
Champion, 2001 USA Outdoor Championships 10,000m

Abdirahman is a three-time Olympian, a four-time USA 10 Mile champion, and a two-time winner of the Medtronic TC 10 Mile – the venue for two of his USA 10 Mile titles. The Somali-born American finished 10<sup>th</sup> in the 2000 Olympic Games 10,000m, the best of his three Olympic 10,000m races. In 2007, Abdirahman ran away from eventual runner-up Jason Lehmkuhle of Team USA Minnesota to win his first TC 10 Mile. In 2009, he fought off a fierce challenge from Team USA Minnesota's Josh Moen to win in a course record breaking time of 46:35, the fourth-fastest 10 Mile ever run by an American.

### **Mohamed Trafef -- 2**

Duarte, California

Age: 26 (5-13- 85)

Personal Bests: 10K	28:18
15K	42:51
20K	57:46
Half Marathon	1:00:39

Highlights: Champion, 2011 USA 15K Championships  
Champion, 2011 USA Half Marathon Championships  
2nd-place, 2010 USA 20K Championships  
2nd-place, 2010 USA Men's 10K Championship  
Champion, 2010 USA 15K  
10th-place, 2009 USA 5K Championships  
2nd-place, 2009 USA 20K Championships

When Trafef is on, there are few who can beat the Moroccan-born American. Trafef won his first USA title with a win at the USA 15K championships in 2010. He followed up that breakthrough race with a 1:00:38 3<sup>rd</sup>-place run at the NYC Half Marathon. At the start of 2011, Trafef added two more USA titles to his resume – beating Ryan Hall in the USA Half Marathon Championships and defending his USA 15K title.

### **Brett Gotcher – 5**

Flagstaff, Arizona

Age: 27 (9-1-84)

Personal Bests: 5000m	13:56.40
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5K	13:58
8K	23:30
10,000m	28:09.21
20K	58:57
25K	1:15:06
Half Marathon	1:02:09
Marathon	2:10:36

Highlights: Runner-up, 2010 US 25k Championships  
7<sup>th</sup>-place, 2010 Houston Marathon  
Champion, 2009 USA 20K Championships  
7<sup>th</sup>-place, 2009 USATF 15k Championships  
7<sup>th</sup>-place, 2009 USATF Cross Country Championships  
3<sup>rd</sup>-place, 2009 USATF Half-Marathon Championships  
6<sup>th</sup>-place, 2007 U.S. 10 Mile Championships

Gotcher is seeking his second USA title at the Medtronic TC 10 Mile. The Stanford University alumnus won the 2009 USA 20K. As a 23-year-old, Gotcher ran the 2007 TC 10 Mile, finishing 6<sup>th</sup>.

**Ryan Vail -- 6**  
Portland, Oregon

Age: 25 (3-19-86)

Personal Bests: 5000m	13.32.10
10,000m	27.57.42
15K	43.44
Half Marathon	1:02:51

Highlights: 6<sup>th</sup>-place, 2011 USA Half Marathon Championships  
5<sup>th</sup>-place, 2011 USA 15K Championships  
6<sup>th</sup>-place, 2011 USA Outdoor Championships 10,000m  
6<sup>th</sup>-place, 2010 USA Cross Country Championships  
6<sup>th</sup>-place, 2010 USA 15K Championships  
6<sup>th</sup>-place, 2009 USA Cross Country Championships

Vail captained the 2009 Oklahoma State cross country team to the 2009 NCAA title, finishing in 9<sup>th</sup>-place individually.

**Aaron Braun -- 7**  
Flagstaff, Arizona

Age: 24 (5-28-87)

Personal Bests: 3000m	7:50.11
5000m	13:27
10,000m	27:57.88
15K	43:26

Highlights: Runner-up, 2011 USA 1 Mile Championships  
Runner-up, 2011 USA Indoor Championships mile  
3rd-place, 2011 USA Indoor Championships 3000m  
3rd-place, 2011 USA 15K Championships  
3rd-place, 2010 USA 5K Championships  
4th-place, 2010 USA Track and Field Championships 5000m  
5th-place, 2010 USA Indoor Championships 3000m

Braun is currently in second place in the USA Running circuit standing which scores the results of all of the year's USA Championships. Braun has already had success in Minnesota in 2011 – he was the runner-up at the USA 1 Mile Championships held in conjunction with the Medtronic TC 1 Mile last May.

**Ben True – 8**

Hanover, New Hampshire

Age: 25

Personal Bests: 5K      13:24  
                         10K     28:16

Highlights:      Champion, 2011 USA 5K Championships  
                         5<sup>th</sup>-place, 2011 USA 10K Championships  
                         Runner-up, 2011 USA 15K Championships

True currently leads the USA running Circuit standings with 48 points, one point ahead of Aaron Braun. The Dartmouth graduate is fresh of a win at the CVS/pharmacy Downtown 5K in Providence, Rhode Island which served as the USA 5K Championships. The five-time NCAA All-American was a member of the USA's World Cross Country Championships team earlier this year.

**Fernando Cabada – 10**

Boulder, Colorado

Age: 29 (4-22-82)

Personal Bests: 5000m            13:34.92  
                         10,000m            28:25.62  
                         20K                    59:43  
                         Half Marathon    1:02:32  
                         25K                    1:14:21  
                         Marathon            2:12:27

Highlights:      Champion, 2011 USA 20K Championships  
                         3<sup>rd</sup>-place, 2010 USA Marathon Championships  
                         4th-place, 2010 USA Men's 10 Mile Championships  
                         10th-place, 2009 USA Half Marathon Championships  
                         Champion, 2008 USA Men's Marathon Championships  
                         4th-place, 2008 USA 20K Championships  
                         2nd-place, 2008 USA 25K Championships  
                         2nd-place, 2006 USA 20K Championships  
                         Champion, 2006 USA 25K Championships

After a chaotic childhood – his father was in and out of prison and he and his mother survived on welfare – and a tumultuous college career that saw him attend three different schools and quit running for a time, Cabada burst onto the professional running scene in 2006. At the USA 25K Championships that year, he set an American record for the distance in 1:14:20. By the end of the year, he had a marathon PR of 2:12:27, run at the prestigious Fukuoka Marathon in Japan. In 2008, at the Medtronic Twin Cities Marathon he won the USA Marathon title in a rain-soaked 2:16:32.

Her returned to the Twin Cities Marathon last year, finishing in 3<sup>rd</sup>-place.

**Josh Moen -- 19**

Minneapolis

Age: 29 (5-3-82)



Personal Bests: 5000m	13:35.7
8K	23:14
10,000m	28:26.26
12k	35:21
15K	44:34
10 Mile	46:38
20k	1:02:30
Half Marathon	1:02:52
25k	1:16:09
Marathon	2:23:16

Highlights: 6<sup>th</sup>-place, 2011 USA 8k Championships  
Runner-up, 2011 USA 25k Championships  
6<sup>th</sup>-place, 2010 USA Half Marathon Championships  
Runner-up, 2009 USA 10 Mile Championships  
6<sup>th</sup>-place, 2009 USA 7 Mile Championships  
4<sup>th</sup>-place, 2008 USA 10k Road Championships  
6<sup>th</sup>-place, 2007 USA 5k Championships  
6<sup>th</sup>-place, 2006 USA 5k Championships  
4<sup>th</sup>-place, 2005 USA 10k Road Championships

Moen is well-remembered on the Medtronic TC 10 Mile course for the race he gave to four-time USA 10 Mile champion Abdi Abdirahman in the 2009 USA Championships. Moen challenged the three-time Olympian every stride of the race before finishing as the runner-up in 46:38, the fifth-fastest 10 Mile ever run by an American.

**Other Notables ...**

**Stephan Shay – 9 (East Jordan, Michigan)**

**Stephen Pifer – 13 (Eugene, Oregon)**

**Chris Banicle – 14 (Newtonville Massachusetts)**

**Matt Gabrielson – 23 (St. Louis Park, Minnesota) ...6<sup>th</sup> place at 2011 Grandma's Marathon**

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