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DE REUCK, FRIEDMAN AMONG COMPETITIVE FIELD READY FOR USA WOMEN'S MARATHON CHAMPIONSHIP CONTEST

Sunday, October 4 is Only 2009 Opportunity to Qualify for 2012 Women's Marathon Olympic Trials

(Minneapolis)- As the only opportunity in 2009 for women to qualify for the 2012 Women's Marathon Olympic Trials, Sunday's USA Women's Marathon Championship at the Medtronic Twin Cities Marathon in Minnesota is an all-important race. The "B Standard" qualifying time for women is 2:46:00 and the "A Standard" is 2:39:00 or better. There's an Olympic Trials Qualifier incentive, plus the USA Women's Marathon Championship prize purse for the top ten finishers in this race is more than \$72,500. There is also a \$25,000 incentive for any woman who breaks the current women's Medtronic Twin Cities Marathon course record of 2:26:51.

Four-time Olympian Colleen De Reuck said earlier this week that she's hoping for a faster time than her 2:35:37 finish in Boston and feels her training indicates she's "capable of my goal. I'm hoping for a top five finish in the open and I'm going for a win in the master's race."

Top competitor Robyn Friedman said she looks forward to Sunday's Championship. "This will be a fun field to compete against. All of those gals... have been racing very well in the last year and I know they will be coming in ready to race hard and hit fast times! Hopefully several of us can work together and bring in a group of mid to low 2:30s times. "

The USA Women's Marathon Championship is in its 36th year and the fastest championship time is 2:26:26 posted by Julie Brown in 1983.

The Medtronic Twin Cities Marathon is also the host of the USA Masters Marathon Championships. Both events start at 8:00 a.m., Sunday, October 4 in front of the HHH Metrodome in Minneapolis and finish in front of the State Capitol in St. Paul.

Top Female Competitors:

Women's Open

First Name	Last Name	Age	City	State	PR	Marathon
Robyn	Friedman	36	Lambs Grove	IA	2:35:02	'08 Olympic Trials
Sally	Meyerhoff	25	Concord	MA	2:35:52	Phoenix
Mary	Akor	33	Hawthorne	CA	2:33:50	'06 Medtronic Twin Cities
Sheri	Piers	38	Falmouth	ME	2:37:04	Boston
Leah	Thorvilson	30	Little Rock	AR	2:37:56	Green Bay
Veena	Reddy	30	Arlington	VA	2:41:30	Grandma's Marathon
Ilsa	Paulson	20	New York	NY	2:41:00	New York
Chris	Lundy	39	Sausalito	CA	2:41:14	Boston

Melisa	Christian	32	Dallas	TX	2:41:18	'08 Olympic Trials
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Women's Masters

First Name	Last Name	Age	City	State	PR last 2 yrs	Marathon
Susan	Empey	41	Mercer Island	WA	2:46:28	Eugene
Colleen	DeReuck	45	Boulder	CO	2:32:25	Chicago
Kami	Semick	43	Bend	OR	2:45:24	Portland
Susannah	Beck	41	Eugene	OR	2:34:46	'04 Olympic Marathon Trials
Meghan	Arbogast	48	Corvallis	OR	2:45:46	California Int'l.
Marybeth	Reader	40	Bloomfield	MI	2:46:23	Bayshore
Mary	Coordt	40	Elk Grove	CA	2:46:30	Napa Valley
Midori	Sperandeo	42	Folsom	CA	2:47:00	Cal. Int'l.
Michelle	Simonaitis					

De Reuck, Friedman, Sally Meyerhoff and Team USA Minnesota runner, and debut marathoner Kristin Nicolini Lehmkuhle will talk about their strategies Friday, October 2 at the Medtronic Twin Cities Marathon press conference at 2:00 p.m. in the Kellogg Suite #1 at the Crowne Plaza Hotel in Saint Paul.

About Medtronic Twin Cities Marathon Weekend

The Most Beautiful Urban Marathon in America® is recognized as one of the top marathons and great road races of our time and registration is currently underway. Join us as the tradition continues October 2-4. The three-day weekend celebration of fitness includes the inaugural TC 10K, a 5K run/walk, children's fun runs, pasta dinner, health and fitness expo and Medtronic TC 10 Mile, in addition to the marathon. Medtronic is the title sponsor of marathon race weekend events. Visit mtcmarathon.org for more information.

About Twin Cities Marathon, Inc.

Twin Cities Marathon, Inc. is the non-profit organization that organizes running events throughout the year, including the 5th Annual Medtronic TC 1 Mile, 28th Annual Medtronic Twin Cities Marathon, 11th Annual Medtronic TC 10 Mile, the inaugural TC 10K, the 23rd Annual Medtronic TC Family Events & TC 5K and Medtronic TC Kids Marathon program and related events, as a community service for the Minneapolis/St. Paul area. Visit mtcmarathon.org for more information and on our [Twin Cities Marathon, Inc. page](#) on Facebook.

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