



M E D T R O N I C
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USA WOMENS AND MASTERS MARATHON CHAMPIONSHIPS RETURN TO TWIN CITIES
Championships are part of 28th Annual Medtronic Twin Cities Marathon, Sunday, October 4

(Minneapolis)- With three USA Marathon Championships on the line Sunday, October 4, the fields at the Medtronic Twin Cities Marathon in Minnesota will be packed with the nation's top competitors. The championship events are part of the 28th annual Medtronic Twin Cities Marathon, which starts in downtown Minneapolis and finishes in front of the State Capitol in St. Paul.

USA Women's Marathon Championship

With a shot at both the women's open and women's masters championship, four-time Olympian Colleen De Reuck stands to take her place on the podium. Her strong finish at the '08 Chicago Marathon puts her atop the 2-year marathon P.R's in the entire women's field. Also at the start of the USA Women's Marathon Championship, Robyn Friedman is poised for a re-match against Mary Akor, after finishing third behind Akor's first place time of 2:36:51 at Grandma's Marathon in June. The three will also toe the line against Sally Meyerhoff, who warmed up for the marathon championship with her 2009 25K Championship win.

Of interest:

- 30 women from the 2008 US Olympic Trials are included in the field
- Top seed Robyn Friedman, Lambs Grove, Iowa, was a top 10 finisher from the 2008 US Olympic Trials
- Mary Akor has won Grandma's Marathon three consecutive years (2007, 2008, 2009)
- Debut marathoners include Team USA Minnesota athlete, Kristin Nicolini who ran 1:12:41 at the 2009 USA Half Marathon Championship, and Kara & Tara Storage, from Beavercreek, Ohio.
- This race will be the first and only day in 2009 for women to qualify for the 2012 US Olympic Trials with a 2:46:00 or better.
- Medtronic Twin Cities Marathon last hosted the USA Women's Marathon Championship in 2006, when Marla Runyan claimed her victory in a time of 2:32:17.
- The women's course record for the Medtronic Twin Cities Marathon was tied, when Irina Permitina of Russia seconded the 2:26:51 time in 2004. Zinaida Semenova of Russia set that record first in 2001.
- Total prize purse for the USA Women's Championship and Men's Open marathon races is \$145,000, with an additional \$4,000 for the women's open race in the Medtronic Twin Cities Marathon.

Men's Marathon (non championship event)

Stillwater native, Luke Watson, is making his debut. Watson has already qualified for the 2012 US Olympic Men's Marathon Trials, by running a 1:03:51 half marathon in Houston this past January. Five runners from Coon Rapids, Minnesota based Duma Runners Club are seeded in the top 20. The Duma Runners are a group of Kenyan elite runners managed by William Kosgei. The men's course record was set in 1985 by Phil Coppess, who finished in 2:10:05.

USA Women's Masters Marathon Championship

Current women's masters title holder Susan Empey, who picked up the win in '08 on this course, returns as do 2008 2nd place finisher, Meghan Arbogast and 2002 3rd place open woman Susannah Beck.

USA Men's Masters Marathon Championship

Dennis Simonaitis is back to defend his 2008 Masters crown. Paul Aufdemberge (2009 Masters half marathon and 25K champion) and Carl Rundell (2:24 Boston 2009), will provide stiff competition in that race. Challenging for the open masters title is Reuben Chesang (Kenya), coming off a 4th place 2:19:54 at Grandma's Marathon in June.

Last year's rainy race didn't slow some of the oldest masters male runners. Jerry Johncock, who set a new National Men's 80-84 age group record at the Medtronic Twin Cities Marathon last year, will return.

The total USA Men's and Women's Masters Championships prize purse is \$43,000. The Masters Marathon Championships have been held at the Medtronic Twin Cities Marathon for the last 19 consecutive years.

Wheelers

This year's wheeler race brings some of the nation's greatest push-rimmers to the Twin Cities. Saul Mendoza, who set the Twin Cities Marathon course record in 1997 (1:35:03) will compete against the largest wheeler field assembled on this course, including Tony Iniguez, Tony Nogueira and Jeff Muralt. Dawna Callahan and Sandra Rush comprise the women's field. Total men's and women's wheelers prize purse is \$5,000.

Other top competitors include:

2009 Medtronic Twin Cities Marathon Elite Field Top Competitors (as of 9/21/09)

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
Samia	Akbar	27	Herndon	CA	2:34:00	New York
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

Men's Open

First Name	Last Name	Age	City	State	PR	Marathon
Augustus	Kavutu Mbusya	32		Kenya	2:11:39	Dubai
Girgoriy	Andreev	33		Russia	2:11:01	Frankfurt Marathon
Stephen	Loruo	31		Kenya	2:10:46	Xiamen
James	Rotich	32	Coon Rapids	MN	2:12:53	Amsterdam
Linus	Maiyo	26		Kenya	2:13:19	Frankfurt
Joseph	Mutinda	35		Kenya	2:13:39	Lala
David	Tuwei	30		Kenya	2:14:03	Grandma's
Armon	Kemei	24		Kenya	2:14:54	Khon Kaen
Jacob	Kendagor	25		Kenya	2:15:27	Italy
Jason	Hartmann	28	Concord	MA	2:17:38	'07 Olympic Trials

Men's Masters

First Name	Last Name	Age	City	State	PR last 2 yrs	Marathon
Dennis	Simonaitis	47	Draper	UT	2:27:43	Medtronic Twin Cities Mar
Reuben	Chesang	46	Kenya		2:16:48	Culiacan
Carl	Rundell	41	Birmingham	MI	2:24	Boston

Paul	Aufdemberge	44	Redford	MI	2:20:03	Columbus '04
Tracy	Lokken	44	Marquette	MI	2:24:39	Boston
John	Reich	40	Scottsdale	AZ	2:27:27	St. George
Robert	Weiner	44	Evergreen	CO	2:29:57	Cal Int'l.
Carlos	Martins	40	Kearny	NJ	2:30:18	Chicago
Tony	Torres	40	Lake Arrowhead	CA	2:30:40	Medtronic Twin Cities

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 Tri
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					

Men's Wheelers

First Name	Last Name	Age	City	State	PR last 2 yrs	Marathon
Saul	Mendoza	42	Wimberley	TX	1:05:47	Disney ½
Tony	Iniguez	39	Savoy	IL	1:26:00	Beijing
Tony	Nogueira	41	Glen Ridge	NJ	1:28:00	Boston
Jeff	Muralt	43	Fargo	ND	1:41:11	Grandma's
James	Lily	39	Brookfield	IL	2:14:00	Grandma's
Grant	Berthiaume	47	Tucson	AZ	1:53:28	Arizona Dist. Classic
Matt	Davis	42	Bowling Green	KY	1:52:13	Los Angeles
Edwin	Figueroa	38	Commerce	CO	2:03:00	Grandma's
Marcelo	Ordaz-Cruz	28	Crystal	MN	1:58:43	Grandma's
David	Eckstrom	54	Stillwater	MN	2:45:00	Medtronic Twin Cities

Women's Wheelers

First Name	Last Name	Age	City	State	PR last 2 yrs	Marathon
Dawna	Callahan	40	Parker	CO	2:25:18	Los Angeles
Sandra	Rush	48	Oceanside	CA	2:35:47	Los Angeles

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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