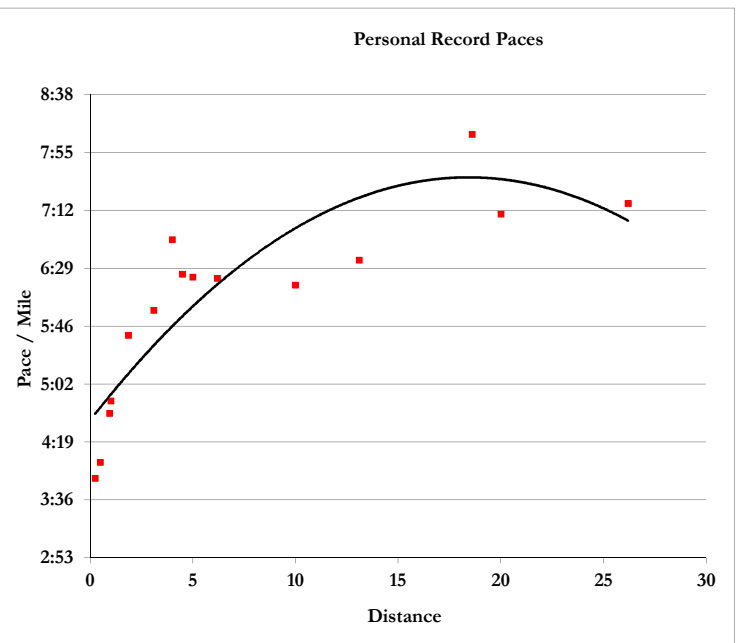


Personal Records

Distance	PR	Date	Location
400 Meters	00:58	1997	West Geauga High School, Chesterland OH
800 Meters	02:02	24-Apr-98	Kenyon College, Gambier OH
1500 Meters	04:23	1-May-98	Kenyon College, Gambier OH
1 Mile	04:50	1997	West Geauga High School, Chesterland OH
3 Kilometers	10:30	15-Aug-07	Tidal Basin, Washington DC
5 Kilometers	18:28	1997	West Geauga High School, Chesterland OH
4 Miles	27:21	14-Jul-03	Bastille Day Run, Washington DC
4.5 Miles	28:50	21-Aug-07	Burke Lake, Burke VA
5 Miles	31:51	23-Nov-06	Turkey Trot, Columbus OH
10 Kilometers	39:24	10-Dec-06	Bread Run, Glen Echo Park MD
10 Miles	1:02:42	1-Apr-07	Cherry Blossom, Washington DC
13.1 Miles	1:26:14	16-Sep-07	Philadelphia Distance Run, Philadelphia PA
30 Kilometers	2:31:31	1-Oct-00	Hilliard 30k, Columbus OH
20 Miles	2:23:08	26-Sep-04	National Capitol 20M, Alexandria VA
26.2 Miles	3:10:56	21-May-06	Rite Aid Marathon, Cleveland, OH
210 Miles	28:56:14	21-May-06	Reach the Beach, Bretton Woods, NH



Other Times

Distance	Time	Date	Location
1 Mile	05:39	30-Jul-03	DCRRC Championships, Arlington VA
3 Kilometers	10:37	20-Jun-07	Tidal Basin, Washington DC
5 Kilometers	18:36	7-Aug-06	Terp Trot, College Park MD
5 Kilometers	19:34	5-Aug-04	DCRRC Bon Air 5K, Arlington VA
5 Kilometers	20:18	7-Aug-03	DCRRC Bon Air 5K, Arlington VA
5 Miles	32:16	1997	Johnnycake Jog, Mentor OH
5.67 Miles	37:42	20-Aug-06	Cable Car Chase, San Francisco, CA
5.67 Miles	39:41	28-Aug-05	Cable Car Chase, San Francisco, CA
10 Kilometers	42:16	12-Jun-10	Lawyers Have Heart, Washington DC
10 Kilometers	42:12	9-Dec-07	Bread Run, Glen Echo Park MD
10 Kilometers	41:20	12-May-07	Battle of the Boulevard, Arlington VA
10 Kilometers	1:09:03	23-May-04	Capitol Hill Classic, Washington DC
10 Kilometers	41:30	14-Mar-04	St. Patrick's Day 10k, Washington DC
10 Kilometers	46:50	8-Dec-02	Bread Run, Glen Echo Park MD
10 Kilometers	44:06	9-Nov-02	United We Stand, Washington DC
10 Kilometers	45:41	6-Oct-02	Georgetown 10K, Washington DC
10 Kilometers	52:31	24-Jun-01	A Most Excellent Run, Shaker Heights OH
10 Miles	1:13:23	1-Apr-12	Cherry Blossom, Washington DC
10 Miles	1:08:39	3-Apr-11	Cherry Blossom, Washington DC
10 Miles	1:09:34	24-Oct-10	Army 10 Miler, Washington DC
10 Miles	1:07:01	11-Apr-10	Cherry Blossom, Washington DC
10 Miles	1:11:14	26-Apr-09	GW Parkway Classic, Alexandria VA
10 Miles	1:10:26	24-Aug-08	10 Miler, Annapolis MD
10 Miles	1:05:12	6-Apr-08	Cherry Blossom, Washington DC
10 Miles	1:06:07	2-Apr-06	Cherry Blossom, Washington DC
10 Miles	1:10:13	3-Apr-05	Cherry Blossom, Washington DC
10 Miles	1:09:59	4-Apr-04	Cherry Blossom, Washington DC
10 Miles	1:11:00	22-Feb-04	Columbia 10 Mile Challenge, Columbia MD
10 Miles	1:13:03	6-Apr-03	Cherry Blossom, Washington DC
13.1 Miles	1:36:14	12-Nov-11	Richmond Half, Richmond VA
13.1 Miles	1:36:52	26-Mar-11	National Half, Washington DC
13.1 Miles	1:32:46	13-Sep-09	Parks Half, Rockville MD
13.1 Miles	1:36:00	19-Oct-08	Columbus Half, Columbus OH
13.1 Miles	1:31:50	21-Sep-08	Philadelphia Distance Run, Philadelphia PA
13.1 Miles	1:35:25	31-Aug-08	Rock 'n Roll Half, Virginia Beach VA
13.1 Miles	1:37:52	27-Jul-08	Nike NYC Half, New York NY
13.1 Miles	1:26:44	3-May-08	Lead Strong Half, Freeland MD
13.1 Miles	1:34:41	21-May-06	Cleveland Marathon Split, Cleveland OH
13.1 Miles	1:35:53	12-Oct-03	Chicago Marathon Split, Chicago IL
13.1 Miles	1:37:19	27-Sep-03	Quantico Half Marathon, Quantico VA
13.1 Miles	1:43:00	8-Mar-03	Brooklyn Half, New York NY
13.1 Miles	1:37:46	19-May-02	Ranelagh Half, Richmond England
26.2 Miles	3:20:56	4-Nov-07	New York NY
26.2 Miles	3:21:23	16-Apr-07	Boston MA
26.2 Miles	3:25:34	30-Mar-03	Ocean Drive Marathon, Cape May NJ
26.2 Miles	4:00:13	2005	Austin TX
26.2 Miles	3:30:25	2003	Philadelphia PA
26.2 Miles	3:41:36	2003	Chicago IL
26.2 Miles	3:50:00	2002	Paris France
26.2 Miles	3:40:00	2000	Columbus OH
26.2 Miles	4:40:00	2000	Paris France
26.2 Miles	4:05:00	1998	Columbus OH
201.5 Miles	26:34:54	2010	Ragnar Relay, Cumberland MD
Duathlon	1:41:03	20-Apr-07	DC Tri Club Training Tri, Washington DC
Urban Challenge	3:00:00	12-Jun-04	City Qualifier, Washington DC
Urban Challenge	4:38:00	15-Nov-03	National Championship, New Orleans LA
Urban Challenge	2:23:00	30-Aug-03	City Qualifier, Washington DC

Duathlon Results				
Segment	Distance	Time	Pace	MPH
Run	2.90	18:59	06:33	9.17
Transition 1	-	01:31		
Bike	15.71	56:40	03:36	16.63
Transition 2	-	02:29		
Run	3.14	21:21	06:48	8.82
Total	21.75	1:41:00	04:39	12.92