



10. John Hancock's 2019 Elite Athlete Team



## JOHN HANCOCK'S 2019 ELITE MEN'S TEAM

NAME	Country	Personal Best Time
Lawrence Cherono.....	Kenya .....	2:04:06 (Amsterdam, 2018) CR
Sisay Lemma .....	Ethiopia .....	2:04:08 (Dubai, 2018)
Lemi Berhanu .....	Ethiopia .....	2:04:33 (Dubai, 2016)
Solomon Deksisa.....	Ethiopia .....	2:04:40 (Amsterdam, 2018)
Lelisa Desisa.....	Ethiopia .....	2:04:45 (Dubai, 2013)
Kenneth Kipkemoi.....	Kenya .....	2:05:44 (Rotterdam, 2018)
Felix Kandie.....	Kenya .....	2:06:03 (Seoul, 2017)
Wesley Korir .....	Kenya .....	2:06:13 (Chicago, 2012)
Festus Talam.....	Kenya .....	2:06:13 (Eindhoven, 2017)
Geoffrey Kirui.....	Kenya .....	2:06:27 (Amsterdam, 2016)
Philemon Rono .....	Kenya .....	2:06:52 (Toronto, 2017) CR
Hiroto Inoue .....	Japan .....	2:06:54 (Tokyo, 2018)
Benson Kipruto .....	Kenya .....	2:07:11 (Seoul, 2018)
Ghirmay Ghebreslassie.....	Eritrea.....	2:07:46 (London, 2016)
Dathan Ritzenhein.....	USA.....	2:07:47 (Chicago, 2012)
Yuki Kawauchi .....	Japan .....	2:08:14 (Seoul, 2013)
Zersenay Tadese .....	Eritrea.....	2:08:46 (Berlin, 2018)
Abdi Abdirahman .....	USA.....	2:08:56 (Chicago, 2006)
Mohamed Reda El Aaraby .....	Morocco .....	2:09:16 (Chicago, 2018)
Hayato Sonoda .....	Japan .....	2:09:34 (Oita, 2018)
Jeffrey Eggleston.....	USA.....	2:10:52 (Gold Coast, 2014)
Scott Overall.....	Great Britain .....	2:10:55 (Berlin, 2011)
Jared Ward .....	USA.....	2:11:30 (Rio de Janeiro, 2016)
Elkanah Kibet .....	USA.....	2:11:31 (Chicago, 2015)
Timothy Ritchie .....	USA.....	2:11:56 (Sacramento, 2017)
Shadrack Biwott.....	USA.....	2:12:01 (New York City, 2016)
Scott Fauble.....	USA.....	2:12:28 (New York City, 2018)
Brian Shrader .....	USA.....	2:13:31 (Sacramento, 2018)

CR= Course Record

Team as of March 5, 2019

# ABDIHAKEM “ABDI” ABDIRAHMAN

Tucson, Arizona, USA



**Bib #19 ABDI**

**PRONUNCIATION:** AB-di AB-dir-ah-man

**BIRTHDATE:** 01 January 1977

**PERSONAL BEST:** 2:08:56 (Chicago, 2006)

## ABBOTT WORLD MARATHON MAJORS:

04Nov18	TCS New York City Marathon	DNF	
16Apr18	Boston Marathon	15th	2:28:18
05Nov17	TCS New York City Marathon	7th	2:12:48
17Apr17	Boston Marathon	6th	2:12:45
06Nov16	TCS New York City Marathon	3rd	2:11:23
21Apr14	Boston Marathon	15th	2:16:06
12Aug12	London Olympics Games Marathon	DNF	
01Nov09	ING New York City Marathon	9th	2:14:00
03Nov08	ING New York City Marathon	6th	2:14:17
22Oct06	Bank of America Chicago Marathon	4th	2:08:56
06Nov05	ING New York City Marathon	5th	2:11:24
07Nov04	ING New York City Marathon	14th	2:17:09

## ADDITIONAL MARATHON:

14Jan12	Houston U.S. Olympic Marathon Trials	3rd	2:09:47
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## CAREER NOTES:

A four-time Olympian, Abdi Abdirahman is one of America’s most accomplished runners. Making his marathon debut in 2004, he is still performing at the highest levels as a Masters’ runner. Abdirahman is a four-time U.S. National Champion in the 10,000m (2001, 2005, 2007, 2008) and competed in that event at the 2000, 2004 and 2008 Olympics and at three IAAF World Championships. He was also a member of five consecutive IAAF World Cross Country Championships teams between 2000 and 2004 and has won national titles in the 10K, 10-Mile, 20K and the half marathon. His fastest half marathon is 1:00:29, recorded with a runner-up finish at the 2007 New York City Half Marathon, and his best 10K is 28:11, run at the 2007 Peachtree Road Race in Atlanta.

## PERSONAL NOTES:

Abdirahman was born in Mogadishu, Somalia, before immigrating to the United States, where he graduated from Tucson High School and then attended Pima Community College and the University of Arizona. While at the University of Arizona, Abdirahman finished second at the 1998 NCAA Cross Country Championships and was named the 1998 Pacific-10 Conference Cross Country Male Athlete of the Year. In 2000, he became an American citizen.

## LEMI BERHANU

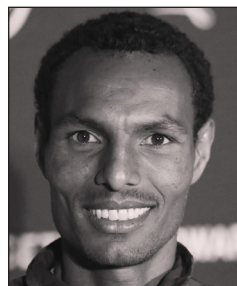
Addis Ababa, Ethiopia

**Bib #4 LEMI**

**PRONUNCIATION:** Leh-ME Ber-HAHN-new

**BIRTHDATE:** 13 September 1994

**PERSONAL BEST:** 2:04:33 (Dubai, 2016)



### ABBOTT WORLD MARATHON MAJORS:

29Sep18	Hengshui Lake International Marathon	1st	2:08:51
16Apr18	Boston Marathon	DNF	
05Nov17	TCS New York City Marathon	4th	2:11:52
17Apr17	Boston Marathon	DNF	
21Aug16	Rio de Janeiro Olympic Games Marathon	13th	2:13:29
18Apr16	Boston Marathon	1st	2:12:45
22Aug15	Beijing IAAF World Championships Marathon	15th	2:17:37

### MARATHON HIGHLIGHTS:

25Jan19	Dubai Standard Chartered Marathon	DNF	
02Jan17	Xiamen International Marathon	1st	2:08:27
22Jan16	Dubai Standard Chartered Marathon	2nd	2:04:33
26Apr15	Warsaw Marathon	1st	2:07:57
23Jan15	Dubai Standard Chartered Marathon	1st	2:05:28
13Sep14	Taiyuan Marathon	1st	2:13:10
06Apr14	Zürich Marathon	1st	2:10:40

### CAREER NOTES:

Lemi Berhanu has won Zurich, Dubai, Warsaw, Hengshui and Boston. In the 2016 Boston Marathon, Lemi Berhanu closely followed the tactics of two-time champion Lelisa Desisa with the intention of running strategically, rather than showcasing his 2:04 marathon speed. The two men broke from a large lead pack at 16 miles and then led the race side by side for the next nine miles until Berhanu put in a surge that Desisa couldn't match. "Winning Boston has been the highlight of my career," said Berhanu. "Crossing the finish line first, after running so far with some of the best runners in the world, was a wonderful feeling." Berhanu returns to Boston for redemption after not finishing the race the past two years.

### PERSONAL NOTES:

Berhanu says he knew he had a talent for running when he won the Assela High School Championships in the 1500m in 2005. He says young people from his small birth place of Asasa have taken up running after seeing his success. Berhanu trains in Addis Ababa with Sisay Lemma and Tamirat Tola and is coached by Gemedu Dedefo. When he is not running, he likes to watch movies and soccer, and spend time with his friends. His favorite foods are spaghetti and doro wot.

## SHADRACK BIWOTT

Folsom, California, USA

**Bib #27 BIWOTT**

**PRONUNCIATION:** SHAD-rack BE-watt

**BIRTHDATE:** 19 February 1985

**PERSONAL BEST:** 2:12:01 (New York City, 2016)



### ABBOTT WORLD MARATHON MAJORS:

04Nov18	TCS New York City Marathon	9th	2:12:52
16Apr18	Boston Marathon	3rd	2:18:35
05Nov17	TCS New York City Marathon	10th	2:14:57
17Apr17	Boston Marathon	4th	2:12:08
06Nov16	TCS New York City Marathon	5th	2:12:01
27Sep15	BMW BERLIN-MARATHON	DNF	
06Nov11	ING New York City Marathon	DNF	

### ADDITIONAL MARATHONS:

13Feb16	Los Angeles U.S. Olympic Trials Marathon	7th	2:15:23
25Oct15	Nairobi Standard Chartered Marathon	2nd	2:13:56
26Oct14	BMW Frankfurt Marathon	14th	2:12:55
06Oct13	Medtronic Twin Cities Marathon	3rd	2:13:26
20Mar11	Honda Los Angeles Marathon	10th	2:20:28

### CAREER NOTES:

Shadrack Biwott broke through at Boston last year, in freezing wind and driving rain, to earn a podium spot. His third place improved on his fourth-place finish in 2017. A four-time All American in college and teammate of Galen Rupp's at the University of Oregon, Biwott is a member of the Hansons-Brooks Team. At the 2016 U.S. Olympic Trials Marathon he placed seventh. He represented the U.S. at the 2014 IAAF World Half Marathon Championships, where he placed 39th in 62:27. His personal best half marathon of 61:25 was recorded at the 2014 San Diego Rock 'n' Roll Half Marathon.

### PERSONAL NOTES:

Biwott trains in Folsom, California, and in Orlando, Florida. He is married to wife Katherine, and the couple has two children: Xavier and Eve. Born in Eldoret, Kenya, Biwott came to America as a teenager and graduated from La Cueva High School in Albuquerque, New Mexico. He became a U.S. citizen in 2012 and graduated from the University of Oregon with a bachelor's degree in sociology and a minor in business administration.

# LAWRENCE CHERONO

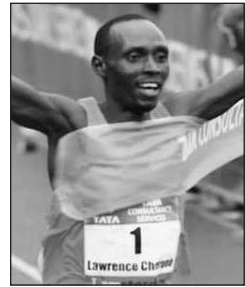
Eldoret, Kenya

**Bib #2 CHERONO**

**PRONUNCIATION:** Law-rence Che-row-no

**BIRTHDATE:** 07 August 1988

**PERSONAL BEST:** 2:04:06 (Amsterdam, 2018) CR



## ABBOTT WORLD MARATHON MAJORS:

22Apr18	Virgin Money London Marathon	7th	2:09:25
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## ADDITIONAL MARATHONS:

21Oct18	TCS Amsterdam Marathon	1st	2:04:06 CR
10Dec17	Honolulu Marathon	1st	2:08:27 CR
15Oct17	TCS Amsterdam Marathon	1st	2:05:09
09Apr17	NN Amsterdam Marathon	2nd	2:06:21
11Dec16	Honolulu Marathon	1st	2:09:39
24Sep16	Hengshui Marathon	2nd	2:11:13
08May16	Volkswagen Prague Marathon	1st	2:07:24
17Jan16	Standard Chartered Hong Kong Marathon	2nd	2:12:14
08Nov15	Shanghai Marathon	7th	2:14:22
13Jun15	Lanzhou Marathon	2nd	2:12:33
22Feb15	Seville Marathon	1st	2:09:39
01Nov14	Alger Marathon	2nd	2:10:16

## CAREER NOTES:

Winner of six marathons and the fastest man in the 2019 Boston Marathon field, Cherono brings both speed and strength to his Boston debut. His personal best was earned with a course record win at the 2018 Amsterdam Marathon (2:04:06). He also won the 2017 Amsterdam Marathon, the 2016 and 2017 Honolulu Marathon, the 2016 Prague Marathon and the 2015 Zurich Marathon. In his first Abbott World Marathon Majors event, he finished seventh at the Virgin Money London Marathon in 2:09:25.

## PERSONAL NOTES:

Cherono's coach is 2007 Boston Marathon runner-up James Kwambai. He says winning the Amsterdam Marathon in a course record time has been a career highlight. When he is not training, Cherono enjoys farming.

## SOLOMON DEKSISA

Addis Ababa, ETHIOPIA

**Bib #5 DEKSISA**

**PRONUNCIATION:** Sol-o-mon Dek-sis-ah

**BIRTHDATE:** 11 March 1994

**PERSONAL BEST:** 2:04:40 (Amsterdam, 2018)



### ABBOTT WORLD MARATHON MAJORS:

26Feb17	Tokyo Marathon	12th	2:09:31
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### ADDITIONAL MARATHONS:

21Oct18	TCS Amsterdam Marathon	3rd	2:04:40
29Apr18	HASPA Hamburg Marathon	1st	2:06:34
21Jan18	Mumbai Marathon	1st	2:09:34
22Oct17	Scotiabank Toronto Marathon	3rd	2:11:27
10Apr16	NN Rotterdam Marathon	2nd	2:06:22

### CAREER NOTES:

Solomon Deksisa has finished on the podium in all his marathons, except the 2017 Tokyo Marathon where he placed 12th. He said he is most proud of his third-place finish at the 2018 Amsterdam Marathon, where he improved his personal best to 2:04:40. His best half marathon of 60:12 was record in San Diego in 2014. As a youth, he finished fourth at the World Youth Championships 3,000m in 2011.

### PERSONAL NOTES:

Deksisa trains in Addis Ababa, Ethiopia, with his coach Getaneh Tessema and teammates Birhanu Legese and Tsegay Kebede. His favorite food is raw meat with hot chili. He hopes to get selected to the 2019 IAAF World Championships with a top performance in Boston.

# LELISA DESISA

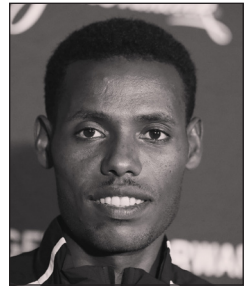
Ambo, Ethiopia

**Bib #6 LELISA**

**PRONUNCIATION:** Le-LEE-sa DEH-see-sa

**BIRTHDATE:** 14 January 1990

**PERSONAL BEST:** 2:04:45 (Dubai, 2013)



## ABBOTT WORLD MARATHON MAJORS:

04Nov18	TCS New York City Marathon	1st	2:05:59
16Apr18	Boston Marathon	DNF	
05Nov17	TCS New York City Marathon	3rd	2:11:32
18Apr16	Boston Marathon	2nd	2:13:32
06Nov16	TCS New York City Marathon	DNF	
01Nov15	TCS New York City Marathon	3rd	2:12:10
22Aug15	Beijing IAAF World Championships Marathon	7th	2:14:54
20Apr15	Boston Marathon	1st	2:09:17
02Nov14	TCS New York City Marathon	2nd	2:11:06
21Apr14	Boston Marathon	DNF	
17Aug13	Moscow IAAF World Championships Marathon	2nd	2:10:12
15Apr13	Boston Marathon	1st	2:10:22

## ADDITIONAL MARATHONS:

06May17	Monza Nike Breaking2	3rd	2:14:10
23Jan15	Standard Chartered Dubai Marathon	2nd	2:05:52
25Jan13	Standard Chartered Dubai Marathon	1st	2:04:45

## CAREER NOTES:

Lelisa Desisa, the newly crowned 2018 TCS New York City Marathon champion, has recorded eight podium finishes in Abbott World Marathon Majors. This year he returns to claim an unprecedented third Boston title after winning in 2013 and 2015. He is the only Ethiopian man to have won the Boston Marathon twice. Desisa has run six half marathons under the one-hour mark and holds a best of 59:30. Additional accomplishments include finishing second at the 2013 IAAF World Championships Marathon, seventh at the 2015 IAAF World Championships Marathon, and winning the gold medal at the 2011 All-Africa Games. As a junior runner, he won the gold medal in the 10,000m at the 2009 African Junior Athletics Championships.

## PERSONAL NOTES:

After his first Boston win in 2013, Desisa gifted his champion's medal back to the City of Boston to honor the victims and families affected by the April 15 race-day tragedy. His sincere gesture earned him a place in the hearts of all who respect what the sport of marathon running exemplifies. Born in Ethiopia's Oromia Region, Desisa trains in Addis Ababa with his coach, Haji Adilo. He is married with one child. "Boston has become more than a race to me; the City and its people are special and my wins in Boston are the most important moments in my athletic career. I am dreaming of crossing the finish line first for the third time," says Desisa.



# JEFFREY EGGLESTON

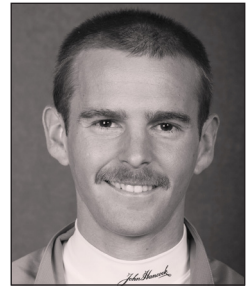
Lafayette, Colorado, USA

**Bib #22 EGGLESTON**

**PRONUNCIATION:** Jeff-rey Egg-uhl-stuhn

**BIRTHDATE:** 1 October 1984

**PERSONAL BEST:** 2:10:52 (Gold Coast, 2014)



## ABBOTT WORLD MARATHON MAJORS:

08Oct17	Bank of America Chicago Marathon	DNF	
22Aug15	Beijing IAAF World Championships Marathon	DNF	
20Apr15	Boston Marathon	12th	2:14:17
21Apr14	Boston Marathon	8th	2:11:57
03Nov13	ING New York City Marathon	14th	2:16:35
17Aug13	Moscow IAAF World Championships Marathon	13th	2:14:23
07Oct12	Bank of America Chicago Marathon	16th	2:12:03
04Sep11	Daegu IAAF World Championships Marathon	37th	2:23:33

## ADDITIONAL MARATHON HIGHLIGHTS:

16Sep18	Blackmores Sydney Marathon	4th	2:18:30
01Jul18	Gold Coast Marathon	11th	2:15:44
05May18	Dongying Marathon	11th	2:30:00
04Jun17	San Diego Marathon	1st	2:21:17
21May17	Lima Marathon	1st	2:15:25
23Apr17	Warsaw Marathon	4th	2:14:00
05Feb17	Beppu-Oita Marathon	27th	2:18:42
13Feb16	Los Angeles U.S. Olympic Trials Marathon	13th	2:17:20
06Jul14	Gold Coast Marathon	2nd	2:10:52
07Apr13	Paris Marathon	17th	2:14:57
03Jun12	San Diego Rock & Roll Marathon	8th	2:13:13
06May12	Pittsburgh Marathon	2nd	2:14:26
03Mar12	Woodlands Marathon	1st	2:15:42
30Oct11	Guadalajara Pan American Games Marathon	DNF	
17June11	Grandma's Marathon	5th	2:13:12
15May11	Pittsburgh Marathon	1st	2:16:40
03Oct10	St. Paul Twin Cities Marathon	2nd	2:14:09
17Jan10	Tempe Rock 'n' Roll Arizona Marathon	6th	2:14:32

## CAREER NOTES:

Jeffrey Eggleston has represented the United States at three IAAF World Championships Marathons, notably finishing 13th at the 2013 race. He has experience on the Boston course, finishing eighth in 2014 and 12th in 2015. He has won four marathons: 2011 Pittsburgh Marathon, 2012 Woodlands Marathon, 2017 Lima Marathon, and 2017 San Diego Marathon.

## PERSONAL NOTES:

Eggleston started running cross country and track in high school. He attended the University of Virginia and in 2007 graduated with a B.A. in English. After college he found success in road racing and now trains in Colorado. This year, Eggleston started a graduate program to earn his master's degree in Library and Information Sciences. He also works part-time at a local public library. Eggleston follows the sport of cycling and, interestingly, the 1964 Olympic gold medal sprint cyclist, Patrick Sercu of Belgium, is a relative on his mother's side. He is married to wife Ali and is self-coached.

## **MOHAMED REDA EL AARABY**

**Sidi Redouane, Morocco**

**Bib #20 EL AARABY**

**PRONUNCIATION:** Mo-HAHM-ed RAY-dah El AIR-a-bee

**BIRTHDATE:** 12 November 1989

**PERSONAL BEST:** 2:09:16 (Chicago, 2018)



### **MARATHONS:**

07Oct18	Bank of America Chicago Marathon	11th	2:09:16
25Feb18	Tokyo Marathon	11th	2:09:18
06Aug17	London IAAF World Championships Marathon	30th	2:17:50
02Apr17	Daegu Marathon	3rd	2:09:50

### **ADDITIONAL MARATHONS:**

11Nov18	Beirut Marathon	1st	2:10:41
17Sep17	Beijing Marathon	8th	2:16:25

### **CAREER NOTES:**

Mohamed Reda El Aaraby transitioned from the track to the roads in 2015 and has consistently improved across distances. He has run ten half marathons under 64:40, with a personal best of 60:38. In 2017, he ran three marathons, including representing his country at the London IAAF World Championships Marathon. Last year he also ran three marathons and recorded solid results of both time and place in Tokyo and Chicago and won the Beirut Marathon, which also served as the World Military Championship Marathon.

### **PERSONAL NOTES:**

El Aaraby trains at sea level at the national training camp in Rabat, Morocco, and at altitude in the Atlas Mountains in Ifrane, Morocco. His coach is Karim Ait Ihdaj. El Aaraby speaks French and Arabic and is a nurse for the Moroccan military. He is married with one son and his family's favorite meal is eating food from a Moroccan tajine filled with chicken, lamb or beef with vegetables and potatoes and roasted in a fire for many hours.

**SCOTT FAUBLE**  
Flagstaff, Arizona, USA



**Bib #28 FAUBLE**

**PRONUNCIATION:** Scott Faub-le

**BIRTHDATE:** 05 November 1991

**PERSONAL BEST:** 2:12:28 (New York City, 2018)

**ABBOTT WORLD MARATHON MAJORS:**

04Nov18	TCS New York City Marathon	7th	2:12:28
07Oct18	Bank of America Chicago Marathon	DNF	

**ADDITIONAL MARATHONS:**

29Oct17	Mainova Frankfurt Marathon	9th	2:12:35
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**CAREER NOTES:**

In 2018, Scott Fauble set personal bests in the indoor 5,000m (13:50.81), 5K (13:50), 25K (1:14:56), half marathon (62:18) and marathon (2:12:28). Coached by Ben Rosario with the NAZ Elite Team, Fauble has found post collegiate success on the roads, including finishing runner-up at the 2016 USATF Half Marathon Championships and the 2018 USATF 25K Championships. He made his marathon debut in 2017 in Frankfurt in 2:12:35. After dropping out of the 2018 Bank of America Chicago Marathon, Fauble recovered to finish second American and seventh overall at the 2018 New York City Marathon. Fauble represented the United States at the 2017 IAAF World Cross Country Championships, where he placed 36th.

**PERSONAL NOTES:**

Fauble was raised in Colorado and ran for the University of Portland. He says his proudest running accomplishment was leading his college team to its first podium (3rd) at cross country nationals. During his senior year Fauble debuted in the half marathon, running a 1:03:59, which qualified him for the 2016 U.S. Olympic Marathon Trials. He ran the U.S. Olympic Trials 10,000m, where he finished fourth in 28:45.

# GHIRMAY GHEBRESLASSIE

Asmara, Eritrea

**Bib #16 GHEBRESLASSIE**

**PRONUNCIATION:** Ghir-may Gheb-reh-see-lass-ee

**BIRTHDATE:** 14 November 1995

**PERSONAL BEST:** 2:07:46 (London, 2016)



## ABBOTT WORLD MARATHON MAJORS:

22Apr18	Virgin Money London Marathon	DNF	
05Nov17	TCS New York City Marathon	DNF	
23Apr17	Virgin Money London Marathon	6th	2:09:57
06Nov16	TCS New York City Marathon	1st	2:07:51
21Aug16	Rio de Janeiro Olympics Games Marathon	4th	2:11:04
24Apr16	Virgin Money London Marathon	4th	2:07:46
22Aug15	Beijing IAAF World Championships Marathon	1st	2:12:28
12Oct14	Bank of America Chicago Marathon	6th	2:09:08

## ADDITIONAL MARATHONS:

02Dec18	Fukuoka Marathon	DNF	
26Apr15	Haspa Hamburg Marathon	2nd	2:07:47

## CAREER NOTES:

Ghirmay Ghebreslassie is seeking to return to form after not finishing in Fukuoka and London last year. As a 19-year-old he won the 2015 IAAF World Championships Marathon, the first for Eritrea. The following year, he proved his championship style running with a fourth at the 2016 Olympic Games Marathon and ten weeks later won the TCS New York City Marathon. He says a pivotal moment in his career was watching his countryman Zersenay Tadese race. "When I was a youngster I saw Zersenay Tadese break the world half marathon record," says Ghebreslassie. "At that time, I had just started running and from that moment I decided to give it all to achieve a great result like Zersenay. I was dedicated and disciplined and I put all my energy in running and finally in 2015 my dream came true."

## PERSONAL NOTES:

Ghebreslassie is a Manchester United fan. As a child he spent days and nights in the Eritrean outback as a shepherd. He trained for his Boston build up in Ethiopia.

# HIROTO INOUE

Nagasaki, Japan

## Bib #14 INOUE

**PRONUNCIATION:** Hir-oh-to I-no-u-e

**BIRTHDATE:** 06 January 1993

**PERSONAL BEST:** 2:06:54 (Tokyo, 2018)



### ABBOTT WORLD MARATHON MAJORS:

25Feb18	Tokyo Marathon	5th	2:06:54
06Aug17	London IAAF World Championships Marathon	26th	2:16:54
26Feb17	Tokyo Marathon	8th	2:08:22

### ADDITIONAL MARATHONS:

25Aug18	Asian Games Marathon	1st	2:18:22
01Oct17	Miyagi Marathon	2nd	2:23:47
06Mar16	Lake Biwa Marathon	9th	2:12:56

### CAREER NOTES:

The 2018 Asian Games Marathon gold medalist Hiroto Inoue secured the championship in a sprint finish, after he and runner-up Elhassan Elabbassi of Bahrain were both awarded the same time. Inoue's win was the first for Japan in the event in 32 years. Inoue was top Japanese and eighth at the 2017 Tokyo Marathon and then was fifth in 2018 with a personal best of 2:06:54.

### PERSONAL NOTES:

Inoue graduated from Yamanashi Gakuin University and is a member of the Mitsubishi Hitachi Power Systems team in Nagasaki. He is coached by Jyun Kuroki and trains with teammates Ryo Kiname and Mastumura Kohei. Inoue enjoys origami and his favorite food is steak.

## FELIX KANDIE

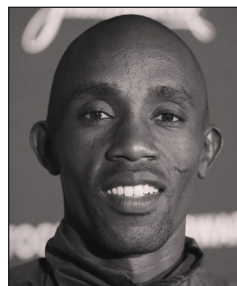
Iten, Kenya

**Bib #8 KANDIE**

**PRONUNCIATION:** FEE-lix KAN-DA

**BIRTHDATE:** 10 April 1987

**PERSONAL BEST:** 2:06:03 (Seoul, 2017)



### ABBOTT WORLD MARATHON MAJORS:

16April18	Boston Marathon	DNF	
24Sep17	BMW BERLIN-MARATHON	4th	2:06:13

### ADDITIONAL MARATHONS:

21Oct18	Scotia Bank Toronto Marathon	3rd	2:08:30
19Mar17	Seoul Dong-A International Marathon	2nd	2:06:03
16Oct16	Amsterdam Marathon	6th	2:06:25
08May16	Volkswagen Prague Marathon	2nd	2:08:14
15Nov15	Valencia Marathon	3rd	2:07:07
03May15	Volkswagen Prague Marathon	1st	2:08:32
09Nov14	Athens Classic Marathon	1st	2:10:37
29Sep13	Meru Marathon	5th	2:17:59
16Sep12	Sydney Blackmores Marathon	2nd	2:16:12
10Oct10	Carpi Marathon Memorial Enzo Ferrari	10th	2:19:06
25Oct09	Nairobi Standard Chartered Marathon	34th	2:18:31

### CAREER NOTES:

Felix Kandie says he finally began to understand the dynamics of running the marathon distance in 2014 when he won the Athens Marathon. Since that time, he has continued to improve. He ran his first Abbott World Marathon Majors race in 2017, running close to a personal best with his fourth-place finish in Berlin. Kandie has additional podium finishes in Toronto, Prague and Valencia. His best half marathon is 60:04 from the 2016 Prague Marathon, where he finished sixth.

### PERSONAL NOTES:

Kandie trains in Iten with a group including Festus Talam and Zane Robertson. He married Millicent Chepkirui this past December. He says he likes to be in the company of wise people who are always optimistic and see every challenge in a positive way, so that he can learn from them. His favorite place to travel is Boston.

# YUKI KAWAUCHI

Kuki, Saitama, Japan



**Bib #1 YUKI**

**PRONUNCIATION:** YOO-kee KA-wa-oo-chee

**BIRTHDATE:** 05 March 1987

**PERSONAL BEST:** 2:08:14 (Seoul, 2013)

## ABBOTT WORLD MARATHON MAJORS:

07Oct18	Bank of America Chicago Marathon	19th	2:16:26
16Apr18	Boston Marathon	1st	2:15:58
06Aug17	London IAAF World Championships Marathon	9th	2:12:19
25Sep16	BMW BERLIN-MARATHON	13th	2:11:03
01Nov15	TCS New York City Marathon	6th	2:13:29
02Nov14	TCS New York City Marathon	11th	2:16:41
17Aug13	Moskva IAAF World Championships Marathon	18th	2:15:35
26Feb12	Tokyo Marathon	14th	2:12:51
04Sep11	Daegu IAAF World Championships Marathon	17th	2:16:11
27Feb11	Tokyo Marathon	3rd	2:08:37
28Feb10	Tokyo Marathon	4th	2:12:36
22Mar09	Tokyo Marathon	19th	2:18:18

## MARATHON HIGHLIGHTS:

18Feb18	Kitakyushu Marathon	1st	2:11:46
02Dec18	Fukuoka Marathon	10th	2:12:03
16Dec18	Hofu Marathon	1st	2:11:29
17Dec17	Hofu Marathon	1st	2:10:03
03Dec17	Fukuoka Marathon	9th	2:10:53
02Jul17	Gold Coast Airport Marathon	3rd	2:09:18
12Feb17	Matsuyama Ehime Marathon	1st	2:09:54
04Dec16	Fukuoka Marathon	3rd	2:09:11
03Jul16	Gold Coast Airport Marathon	2nd	2:09:01
21Dec14	Hofu Marathon	1st	2:09:46
03Oct14	Incheon Asian Games	3rd	2:12:42
04May14	Hamburg Marathon	9th	2:09:36
15Dec13	Hofu Marathon	2nd	2:09:15
01Dec13	Fukuoka Marathon	3rd	2:09:05
17Mar13	Seoul Dong-A International Marathon	4th	2:08:14
03Feb13	Beppu-Oita Mainichi Marathon	1st	2:08:15

## CAREER NOTES:

Racing against many of the world's most accomplished marathoners last year, Yuki Kawauchi prevailed through freezing rain and gusting wind to become the first Japanese champion of the Boston Marathon in 31 years. An international icon for his high-volume, high-quality racing, Kawauchi is a self-coached amateur who is known as the "citizen runner." He has won over 30 career marathons and competed on several Japanese national teams, including three IAAF World Marathon Championships. He holds the Japanese record in the 50K and as of February 15, 2019, holds world records for running the most sub-2:12 marathons (27), sub-2:13 (43), sub-2:14 (51), sub-2:15 (59), sub-2:16 (70), sub-2:17 (75), sub-2:18 (79), sub-2:19 (84), and sub-2:20 (85).

## PERSONAL NOTES:

Kawauchi trains in Komazawa Park in Tokyo and in the mountains in Saitama and Tochigi. His brothers, Yoshiki and Koki, are also marathon runners. Kawauchi graduated from Gakushuin University's department of political science and up until this spring worked full-time as a prefectural government employee in the administration office of a high school. His hobbies include running, reading and karaoke. One of his mentors is four-time Boston Marathon champion Bill Rodgers, who encouraged him to run Boston.

John Hancock's 2019 Elite Athlete Team

**ELKANAH KIBET**  
Fountain, Colorado, USA

**Bib #25 KIBET**

**PRONUNCIATION:** EL-kah-nah Ki-bet

**BIRTHDATE:** 02 June 1983

**PERSONAL BEST:** 2:11:31 (Chicago, 2015)



**ABBOTT WORLD MARATHON MAJORS:**

07Oct18	Bank of America Chicago Marathon	13th	2:12:35
16Apr18	Boston Marathon	8th	2:23:37
06Aug17	London IAAF World Championships Marathon	16th	2:15:14
09Oct16	Bank of America Chicago Marathon	10th	2:16:37
11Oct15	Bank of America Chicago Marathon	7th	2:11:31

**MARATHON HIGHLIGHTS:**

23Apr17	Haspa Hamburg Marathon	7th	2:13:36
19Mar17	Los Angeles Marathon	7th	2:17:24
15Jan17	Houston Marathon	6th	2:17:25
13Feb16	Los Angeles U.S. Olympic Marathon Trials	19th	2:20:10

**CAREER NOTES:**

Kibet made his marathon debut at the 2015 Bank of America Chicago Marathon and finished seventh place in an impressive 2:11:31. In 2016 he struggled in the U.S. Olympic Marathon Trials but rebounded with a tenth-place finish in Chicago. In 2017 he ran four marathons, including finishing 16th and top American at the IAAF World Championships Marathon. This past year Kibet was 8th in Boston and 13th in Chicago.

**PERSONAL NOTES:**

Kibet graduated in 2010 with a bachelor's degree in economics from Auburn University and became a U.S. citizen in 2013. He served as a financial management technician in the U.S. Army in Kuwait and Iraq. He trains in Colorado Springs with the U.S. Army World Class Athlete Program.



## KENNETH KIPKEMOI

Eldoret, Kenya

**Bib #7 KIPKEMOI**

**PRONUNCIATION:** Ken-neth Kip-kee-moi

**BIRTHDATE:** 02 August 1984

**PERSONAL BEST:** 2:05:44 (Rotterdam, 2018)



### ABBOTT WORLD MARATHON MAJORS:

07Oct18	Bank of America Chicago Marathon	4th	2:05:57
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### ADDITIONAL MARATHONS:

08Apr18	NN Rotterdam Marathon	1st	2:05:44
05May13	Steinmetz Gaborone Marathon	3rd	2:17:41

### CAREER NOTES:

A half marathon specialist, Kenneth Kipkemoi has run ten half marathons under 60:24, with a personal best of 59:01 from a runner-up finish at the 2014 Valencia Half Marathon. In 2011 he won the silver medal in the half marathon at the All Africa Games and in 2012 won the gold medal in the 10,000m at the African Championships in Athletics. In 2013 he represented Kenya at the IAAF World Championships 10,000m, where he finished seventh in 27:28.50. In 2014 he finished tenth at the IAAF World Half Marathon Championships, finishing tenth in 60:29. Last year he decided to focus on the marathon and in the spring won the Rotterdam Marathon in 2:05:44 and then placed fourth in a competitive Chicago race with a time of 2:05:57.

### PERSONAL NOTES:

Kipkemoi trains in Eldoret and the surrounding areas. He is married with three sons.

## **BENSON KIPRUTO**

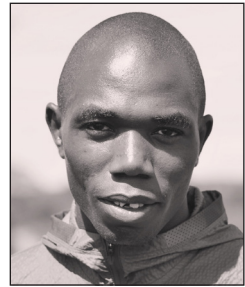
**Kapsabet, Kenya**

**Bib #15 KIPRUTO**

**PRONUNCIATION:** Ben-son Kip-ru-toe

**BIRTHDATE:** 17 March 1991

**PERSONAL BEST:** 2:07:11 (Seoul, 2018)



### **MARATHON HIGHLIGHTS:**

21Oct18	Scotiabank Toronto Marathon	1st	2:07:24
18Mar18	Seoul Marathon	3rd	2:07:11
15Oct17	Gongju Marathon	2nd	2:07:21
07May17	Volkswagen Prague Marathon	4th	2:09:51
13Nov16	Athens Marathon	2nd	2:13:24

### **CAREER NOTES:**

The 2018 Toronto Marathon winner, Benson Kipruto has finished on the podium in four out of five marathons. Kipruto says he is looking forward to competing in his first Abbott World Marathon Majors event.

### **PERSONAL NOTES:**

Kipruto trains in Kapsabet and along the tea plantations of the Nandi Hills in Kenya. His girlfriend Hellen Chepkorir and he are expecting a baby in April. Abel Mutai, the 2012 Olympic bronze medalist in the steeplechase, is one of his coaches. Before he started racing professionally, he had a small shop in his village selling basic commodities.

## GEOFFREY KIRUI

Keringet, Kenya

**Bib #11 KIRUI**

**PRONUNCIATION:** JOFF-ree KEY-roo-ee

**BIRTHDATE:** 16 February 1993

**PERSONAL BEST:** 2:06:27 (Amsterdam, 2016)

### ABBOTT WORLD MARATHON MAJORS:

07Oct18	Bank of America Chicago Marathon	6th	2:06:45
16Apr18	Boston Marathon	2nd	2:18:23
06Aug17	London IAAF World Championships Marathon	1st	2:08:27
17Apr17	Boston Marathon	1st	2:09:37

### ADDITIONAL MARATHON:

16Oct16	TCS Amsterdam Marathon	7th	2:06:27
10Apr16	ABN-AMRO Rotterdam Marathon	3rd	2:07:23

### CAREER NOTES:

Last year Geoffrey Kirui was intent on defending his Boston crown, but after pulling away from the front pack and leading many of the closing miles, he was caught by Yuki Kawauchi and had to settle for second. In the fall, he ran in Chicago and finished sixth. At Boston in 2017, Kirui ran a strategic race, slowly diminishing the lead group down to himself and American Galen Rupp, who was also making his Boston debut after earning the bronze medal at the 2016 Olympic Games. Kirui, in only his third marathon, ultimately prevailed to become the first Kenyan winner since 2012. "Crossing the finish line and realizing I had won my first marathon was amazing," says Kirui. At the IAAF World Championships Marathon, Kirui solidified his prowess in strategic, non-paced racing by decisively winning the gold medal. Kirui was a standout as a youth, winning the gold medal in the 10,000m at the 2010 African Junior Championships and winning the bronze medal in the 10,000m at the 2012 IAAF World Junior Championships. His personal best half marathon is 59:38 and his personal best 10,000m is 26:55.73.

### PERSONAL NOTES:

Kirui trains in Keringet, at around 2,700m altitude, in the Rift Valley of Kenya. His brother, Gilbert Kirui, won the silver medal in the steeplechase at the 2012 IAAF World Junior Championships. He is married to Caroline and the couple has three sons: Godwin, Godfrey and Kevin.



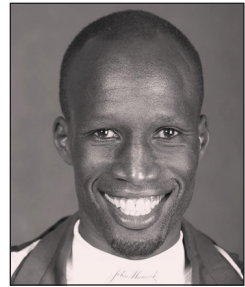
**WESLEY KORIR**  
Kitale, Kenya

**Bib #9 KORIR**

**PRONUNCIATION:** WES-lee KOR-ear

**BIRTHDATE:** 15 November 1982

**PERSONAL BEST:** 2:06:13 (Chicago, 2012)



**ABBOTT WORLD MARATHON MAJORS:**

17Apr17	Boston Marathon	15th	2:18:14
21Aug16	Rio de Janeiro Olympic Games Marathon	DNF	
18Apr16	Boston Marathon	4th	2:14:05
11Oct15	Chicago Marathon	6th	2:10:39
20Apr15	Boston Marathon	5th	2:10:49
12Oct14	Bank of America Chicago Marathon	8th	2:11:09
03Nov13	ING New York City Marathon	9th	2:11:34
15Apr13	Boston Marathon	5th	2:12:30
07Oct12	Bank of America Chicago Marathon	5th	2:06:13
16Apr12	Boston Marathon	1st	2:12:40
09Oct11	Bank of America Chicago Marathon	2nd	2:06:15
10Oct10	Bank of America Chicago Marathon	4th	2:08:44
11Oct09	Bank of America Chicago Marathon	5th	2:10:38
12Oct08	Bank of America Chicago Marathon	4th	2:13:53

**ADDITIONAL MARATHONS:**

11Nov18	Beirut Marathon	7th	2:14:18
25May14	Scotiabank Ottawa Marathon	4th	2:09:17
20Mar11	Honda Los Angeles Marathon	4th	2:13:33
21Mar10	Honda Los Angeles Marathon	1st	2:09:19
25May09	Honda Los Angeles Marathon	1st	2:08:24

**CAREER NOTES:**

Wesley Korir, the 2012 Boston Marathon champion, ran a strategic race to win the 116th Boston Marathon despite temperatures soaring to 85 degrees. He let the front-runners surge along the way as he patiently ran within his abilities, staying hydrated and positive. Korir began singing to maintain focus and soon began moving up from sixth place at mile 20, to second at mile 24, to undisputed champion at the finish. "Winning the Boston Marathon was the biggest accomplishment of my life and the win placed me in a distinguished group of champions who are legendary," says Korir. "The entire world recognizes and respects the Boston Marathon, and I am proudly a Boston Marathon champion forever." In 2008 Korir made his marathon debut in the open division at the Bank of America Chicago Marathon and recorded the fourth-fastest time overall. He then began three years of competing in the Los Angeles–Chicago double with impressive results. Korir won Los Angeles twice and in 2011 finished runner-up to Moses Mosop in Chicago. In Abbott World Marathon Majors events, Korir has recorded 12 top-ten finishes. Because of his consistency in championship races, Korir was selected to the highly competitive Kenyan Olympic Marathon team, but in Rio, Korir had to drop from the race.

**PERSONAL NOTES:**

Korir was a Member of Parliament for the Cherangany Constituency in Kenya. He is married to elite Canadian runner Tarah McKay and the couple has a daughter and a son. Korir and McKay founded the Kenyan Kids' Foundation, which supports children, farmers, and healthcare providers near Korir's home village of Kitale. The couple built a hospital in honor of Korir's brother Nicholas, who died from a black-mamba snakebite. After attending St. Joseph's secondary school in Kenya, Korir was awarded a scholarship to attend Murray State University in Kentucky. He then transferred to the University of Louisville, where he graduated with a bachelor's degree in biology and was All-American in the 5,000m. When not training or working with his Foundation projects, Korir enjoys hiking and watching soccer.

# SISAY LEMMA

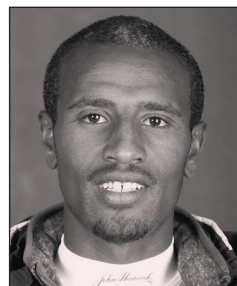
Addis Ababa, Ethiopia

**Bib #3 LEMMA**

**PRONUNCIATION:** Sis-AY LEM-ma

**BIRTHDATE:** 12 December 1990

**PERSONAL BEST:** 2:04:08 (Dubai, 2018)



## ABBOTT WORLD MARATHON MAJORS:

08Oct17	Bank of America Chicago Marathon	4th	2:11:01
17Apr17	Boston Marathon	DNF	
25Sep16	BMW BERLIN-MARATHON	4th	2:06:56
24Apr16	Virgin Money London Marathon	7th	2:10:45

## ADDITIONAL MARATHONS:

26Jan18	Standard Chartered Dubai Marathon	5th	2:04:08
06May18	Volkswagen Prague Marathon	2nd	2:07:02
28Oct18	Volkswagen Ljubljana Marathon	1st	2:04:58
20Jan17	Standard Chartered Dubai Marathon	3rd	2:08:04
22Jan16	Standard Chartered Dubai Marathon	4th	2:05:16
25Oct15	BMW Frankfurt Marathon	1st	2:06:26
12Apr15	Vienna City Marathon	1st	2:07:31
23Jan15	Standard Chartered Dubai Marathon	5th	2:07:06
13Oct13	De Lage Landen Eindhoven Marathon	4th	2:09:44
21Apr13	ORLEN Warsaw Marathon	1st	2:09:02
10Jan13	Tiberias International Marathon	5th	2:09:08
14Oct12	Memorial Enzo Ferrari Carpi Marathon	1st	2:11:58
28Oct12	BMW Frankfurt Marathon	49th	2:28:14

## CAREER NOTES:

Sisay Lemma has won five marathons and is seeking his first Abbott World Marathon Majors win in Boston this year, after not finishing the race in 2017. He ran three marathons in 2013, 2015, 2016, 2017 and 2018, and finished top five in all those appearances except one. Lemma says that when he noticed he had talent in running, he knew that working harder would make a difference, and as a result his times began to improve. In 2018, he broke the 2:05 barrier twice.

## PERSONAL NOTES:

Lemma trains around Addis Ababa in Suluta, Sendafa, Tatek, Sebeta and Akaki. A full-time runner, Lemma says when he is not training he enjoys spending time with his family, watching soccer and going to church.

## SCOTT OVERALL

London, England

### Bib #23 OVERALL

**PRONUNCIATION:** Scott O-ver-all

**BIRTHDATE:** 09 February 1983

**PERSONAL BEST:** 2:10:55 (Berlin, 2011)



### ABBOTT WORLD MARATHON MAJORS:

23Apr17	Virgin Money London Marathon	19th	2:16:54
09Oct16	Bank of America Chicago Marathon	13th	2:18:21
24Apr16	Virgin Money London Marathon	DNF	
27Sep15	BMW Berlin Marathon	10th	2:11:24
26Apr15	Virgin Money London Marathon	13th	2:13:13
28Sep14	BMW Berlin Marathon	14th	2:13:00
13Apr14	Virgin Money London Marathon	19th	2:19:55
12Aug12	London Olympic Games Marathon	61st	2:22:37
22Apr12	Virgin London Marathon	DNF	
25Sep11	BMW Berlin Marathon	5th	2:10:55

### ADDITIONAL MARATHONS:

02Dec12	Fukuoka Marathon	12th	2:14:15
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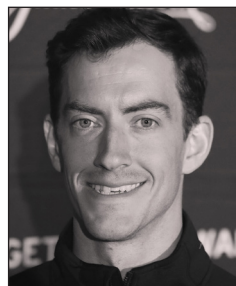
### CAREER NOTES:

Olympian Scott Overall says, "My proudest moment was finishing the 2011 Berlin Marathon in 2:10:55 knowing that would be enough to gain selection to the 2012 Olympic Games, in my home town of London." Overall has run under 1:05:00 in the half marathon six times, with a personal best of 61:25 from the 2012 TCS New York City Half Marathon.

### PERSONAL NOTES:

Overall works for the Virgin Money London Marathon. He and his current training partners, Chris Thompson and Luke Caldwell, are coached by Alan Storey. Overall graduated from Butler University in Indiana. He is engaged to elite runner Vicky Griffiths and the couple has a one-year-old daughter, Arabella.

**TIMOTHY RITCHIE**  
Northampton, Massachusetts, USA



**Bib #26 RITCHIE**

**PRONUNCIATION:** Tim-oh-thee Rit-chee

**BIRTHDATE:** 07 August 1987

**PERSONAL BEST:** 2:11:56 (Sacramento, 2017)

**ABBOTT WORLD MARATHON MAJORS:**

04Nov18	TCS New York City Marathon	13th	2:15:22
16Apr18	Boston Marathon	DNF	
06Nov16	TCS New York City Marathon	19th	2:21:09
15Apr13	Boston Marathon	25th	2:21:31

**ADDITIONAL MARATHONS:**

03Dec17	California International Marathon	1st	2:11:56
13Feb16	Los Angeles U.S. Olympic Marathon Team Trials	25th	2:22:16
06Oct13	Twin Cities Marathon	6th	2:14:50

**CAREER NOTES:**

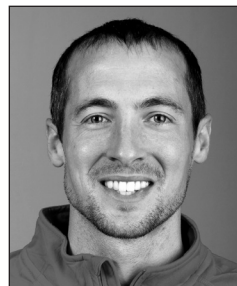
The 2017 U.S. Marathon Champion, Tim Ritchie cruised to a decisive win at the California International Marathon to claim the national title. He was a member of the 2016 IAAF World Half Marathon Championships team and finished 23rd in 63:49. His best half marathon is 61:23, achieved with a win at the 2015 Philadelphia Rock 'n' Roll Half Marathon. Ritchie made his marathon debut in Boston and says, "Boston 2013 was a turning point in my running career. I was on the brink of leaving the sport for new opportunities, but that buildup and race impacted me so much that here I am, still pursuing my goals as a runner. What it meant to be a runner became clear on that day: it was not just about the PRs and medals, it was about the PEOPLE. Running was a way to help others overcome obstacles, strive to be their best, and together work to make the impossible a reality. I am very lucky to be able to compete at the highest level of this sport, but I hope to never lose sight of how lucky I am simply to run!"

**PERSONAL NOTES:**

Ritchie runs for the Saucony Freedom Track Club and is coached by 2004 Olympian Tim Broe. His teammate is Brian Shrader, who will debut at Boston this year as part of the John Hancock Elite Team. Ritchie grew up in Worcester, Massachusetts, and ran for Boston College, where he graduated with a B.A. in Theology, a B.S. in Biology and an M.A. in Theology. He is the men's cross country coach at the University of Massachusetts Amherst. Ritchie is married to his wife Kirstin and the couple has a cat named Hollis. In 2006, he and two friends rode their bikes across the country from Boston to Los Angeles. He can also quote nine full seasons of Seinfeld.

# DATHAN RITZENHEIN

Rockford, Michigan, USA



**Bib #17 RITZ**

**PRONUNCIATION:** DAY-Thun RITZ-in-hein

**BIRTHDATE:** 30 December 1982

**PERSONAL BEST:** 2:07:47 (Chicago, 2012)

## ABBOTT WORLD MARATHON MAJORS:

06Nov16	TCS New York City Marathon	DNF	
20Apr15	Boston Marathon	7th	2:11:20
13Oct13	Bank of America Chicago Marathon	5th	2:09:45
07Oct12	Bank of America Chicago Marathon	9th	2:07:47
07Nov10	ING New York City Marathon	7th	2:12:33
26Apr09	Flora London Marathon	10th	2:10:00
24Aug08	Beijing Olympic Games Marathon	9th	2:11:59
05Nov06	ING New York City Marathon	11th	2:14:01

## ADDITIONAL MARATHONS:

13Feb16	Los Angeles U.S. Olympic Marathon Team Trials	DNF	
14Jan12	Houston U.S. Olympic Marathon Trials	4th	2:09:55
03Nov07	New York U.S. Olympic Marathon Trials	2nd	2:11:07

## CAREER HIGHLIGHTS:

10Aug13	Moscow IAAF World Championships 10,000m	10th	27:37.90
04Aug12	London Olympic Games 10,000m	13th	27:45.89
11Oct09	Birmingham IAAF World Half Marathon Championships	3rd	1:00:00
17Aug09	Berlin IAAF World Championships 10,000m	6th	27:22.28
27Aug07	Osaka IAAF World Championships 10,000m	9th	28:28.59

## CAREER NOTES:

Three-time Olympian Dathan Ritzenhein is the fourth fastest U.S. marathoner of all time, behind Khalid Khannouchi, Ryan Hall and Galen Rupp. His career highlights include finishing second at the 2007 U.S. Olympic Marathon Trials, finishing ninth at the 2008 Olympic Marathon, winning the bronze medal at the 2009 IAAF World Half Marathon Championships and finishing 13th at the 2012 Olympic Games 10,000m. His 2:07:47 personal best marathon was recorded with a ninth place, top American finish, at the 2012 Bank of America Chicago Marathon. In 2015, Ritzenhein made his Boston debut and led the race for many of the early miles, before finishing seventh and top American. Ritzenhein is a member of the Hansons-Brooks team.

## PERSONAL NOTES:

Ritzenhein started running when he was 11, because his dad had just joined a local running club. He was soon competing in triathlons and road races and then ran for the University of Colorado, where he earned a bachelor's degree in history. He is married to his high school and college teammate, Kalin Toedebusch, and the couple has a daughter, Addison, and a son, Jude. He now works as an assistant track coach for Grand Valley State University. Ritzenhein comes from the same hometown as 1983 Boston Marathon champion Greg Meyer. "As a young runner I dreamed of the Boston Marathon. I finally had the chance to run in 2015 and it was incredible. You always hear that Boston is special, but until you experience it, there is nothing like it. The crowd grows each mile as does the excitement, pain and self-doubt. The gratification felt at conquering it is so special. As marathoner and a professional athlete, you share the course not only with your competitors but tens of thousands of athletes that have sacrificed for the right to run the most iconic marathon in the world!"



# PHILEMON RONO

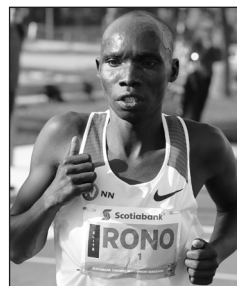
Kaptagat, Kenya

**Bib #12 RONO**

**PRONUNCIATION:** Phil-eh-mon Ro-no

**BIRTHDATE:** 08 February 1991

**PERSONAL BEST:** 2:06:52 (Toronto, 2017) CR



## ABBOTT WORLD MARATHON MAJORS:

16Apr18 Boston Marathon DNF

## MARATHON HIGHLIGHTS:

21Oct18	Scotiabank Toronto Waterfront Marathon	9th	2:13:37
22Oct17	Scotiabank Toronto Waterfront Marathon	1st	2:06:52
09Apr17	Rotterdam Marathon	8th	2:09:22
16Oct16	Scotiabank Toronto Waterfront Marathon	1st	2:08:26
17Apr16	Haspa Hamburg Marathon	2nd	2:07:20
15Nov15	Valencia Marathon	5th	2:08:47
26Apr15	Haspa Hamburg Marathon	4th	2:08:18
19Oct14	Amsterdam Marathon	7th	2:10:23
04May14	Haspa Hamburg Marathon	3rd	2:07:07

## CAREER NOTES:

Philemon Rono is a two-time winner of the Toronto Marathon. He has run four half marathons under 61:00 and has a personal best of 60:39. A high school standout, winning championships in the 5,000m and 10,000m, Rono continued to succeed after graduating. In 2013, he won the Kenyan Cross Country Championships, finishing two places ahead of his teammate and 2017 World and Boston Marathon champion Geoffrey Kirui. He also competed at the 2013 IAAF World Cross Country Championships and finished 36th. Rono says his training partner, Eliud Kipchoge, has encouraged him to continue to seek to achieve his long-term ambition of running a 2:04 marathon.

## PERSONAL NOTES:

Rono grew up on a farm in Marakwet and now trains in Kaptagat with the Kenya Police Team and his coach, Patrick Sang. His nickname – “Baby Police” – stems from his youth and round face. Rono is a fan of Chelsea soccer and when not training enjoys watching marathons on his computer.

**BRIAN SHRADER**  
Boston, Massachusetts, USA

**Bib #29 SHRADER**

**PRONUNCIATION:** Bry-an Shray-der

**BIRTHDATE:** 22 July 1991

**PERSONAL BEST:** 2:13:31 (Sacramento, 2018)



**MARATHON HIGHLIGHTS:**

03Dec18      California International Marathon      6th      2:13:31

**CAREER NOTES:**

Brian Shrader won the 2014 US 12K national championships in an American Record of 34:11 and has continued to improve on the track and roads. In 2018 he set a personal best in the 800m (1:52.73), the 1,500m (3:43.81), the mile (3:59.41), 5K (14:08), half marathon (65:26) and marathon (2:13:31). Shrader runs with the Freedom Track Club and is coached by 2004 U.S. Olympian Tim Broe. His teammates include Tim Ritchie, Tommy Curtin, James Randon, Jon Green, MJ Erb, Helen Schlachtenhaufen, Molly Seidel, and Charlotte Taylor.

**PERSONAL NOTES:**

Shrader was born and raised in Flagstaff, Arizona, and attended Northern Arizona University. After joining the Freedom Track Club, he moved to Boston. "After living and training in Boston for the past few years, my sense of pride in the city of Boston and the community has continuously grown," says Shrader. "I've been lucky to have been able to participate in the last two BAA 5Ks on Marathon weekend and have always looked on at the marathon with great admiration. The energy that the city gives to all the runners is nothing short of inspiring and to finally get to join them on the roads is a dream come true."

## HAYATO SONODA

Fukuoka, Japan

**Bib #21 SONODA**

**PRONUNCIATION:** Hay-AH-to So-no-da

**BIRTHDATE:** 05 April 1989

**PERSONAL BEST:** 2:09:34 (Beppu-Oita, 2018)



### MARATHON HIGHLIGHTS:

02Dec18	Fukuoka Marathon	5th	2:10:31
25Aug18	Asian Games Marathon	4th	2:19:04
04Feb18	Beppu-Oita Marathon	2nd	2:09:34
03Dec17	Fukuoka Marathon	11th	2:12:04
05Mar17	Lake Biwa Marathon	7th	2:11:32
04Dec16	Fukuoka Marathon	4th	2:10:40
06Mar16	Lake Biwa Marathon	37th	2:19:25
14Feb16	Austin Marathon	1st	2:23:30
06Dec15	Fukuoka Marathon	13th	2:17:40
15Feb15	Kumamoto Marathon	1st	2:18:00
07Dec14	Fukuoka Marathon	24th	2:19:35
02Mar14	Lake Biwa Marathon	46th	2:20:30

### CAREER NOTES:

Hayato Sonoda ran three marathons last year and placed top five at each race. In February, he was runner-up at Beppu-Oita and in August finished second Japanese and fourth overall at the Asian Games Marathon in Jakarta, Indonesia. In December, he was fifth in Fukuoka, a race he has run five times. Sonoda has two career wins, the 2016 Austin Marathon and the 2015 Kumamoto Marathon.

### PERSONAL NOTES:

Sonoda was raised in Nishihara, Kumamoto, which is part of Kyusyu Island. He enjoys listening to music and playing video games. He trains for the marathon by himself and is coached by Shibuya Akinori.

# ZERSENEY TADESE

Adi Bana, Eritrea

## #18 TADESE

**PRONUNCIATION:** ZARE-sen-aye Tad-ES-ah

**BIRTHDATE:** 1 January 1982

**PERSONAL BEST:** 2:08:46 (Berlin, 2018)



### ABBOTT WORLD MARATHON MAJORS:

16Sep18	BMW Berlin Marathon	5th	2:08:46
08Oct17	Bank of America Chicago Marathon	8th	2:12:19
20Apr15	Boston Marathon	DNF	
10Oct13	Bank of America Chicago Marathon	DNF	
22Apr12	Virgin London Marathon	12th	2:10:41
25Apr10	Virgin London Marathon	7th	2:12:03

### ADDITIONAL MARATHONS:

06May17	Monza Nike Breaking2 Marathon	2nd	2:06:51
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### CAREER HIGHLIGHTS:

29Mar14	Copenhagen IAAF World Half Marathon Championships	4th	59:37
06Oct12	Kavarna IAAF World Half Marathon Championships	1st	1:00:19
04Aug12	London Olympic Games 10,000m	6th	27:33.51
28Aug11	Daegu IAAF World Championships 10,000m	4th	27:22.57
16Oct10	Nanning IAAF World Half Marathon Championships	2nd	1:00:11
11Oct09	Birmingham IAAF World Half Marathon Championships	1st	59:35
17Aug09	Berlin IAAF World Championships 10,000m	2nd	26:50.12
28Mar09	Amman IAAF World Cross Country Championships	3rd	35:04
12Oct08	Rio de Janeiro IAAF World Half Marathon Championships	1st	59:56
17Aug08	Beijing Olympic Games 10,000m	5th	27:05.11
30Mar08	Edinburgh IAAF World Cross Country Championships	3rd	34:43
14Oct07	Udine IAAF World Half Marathon Championships	1st	58:59
27Aug07	Osaka IAAF World Championships 10,000m	4th	27:21.37
19Jul07	Algiers All-African Games 10,000m	1st	27:00.30
24Mar07	Mombasa IAAF World Cross Country Championships	1st	35:50
08Oct06	Debrecen IAAF World Road Running Championships 20K	1st	56:01
20Mar05	St-Etienne IAAF World Cross Country Championships	2nd	35:20
28Aug04	Athens Olympic Games 5,000m	7th	13:24.31
20Aug04	Athens Olympic Games 10,000m	3rd	27:22.57

### CAREER NOTES:

Three-time Olympian Zerseney Tadesse is the most accomplished Eritrean athlete of all time. He is an Olympic Games bronze medalist in the 10,000m, a four-time IAAF World Half Marathon gold medalist, a World Championships 10,000m silver medalist, an All-African gold medalist and the world half marathon world record holder from 2010-2018. Tadesse has also earned gold, silver and two bronze medals at IAAF World Cross Country Championships. He has run under 27:30 in the 10,000m ten times and has run under 1:00:00 in the half marathon ten times.

### PERSONAL NOTES:

Tadesse began running when he was 19 years old and continues to train in Asmara, Eritrea, where he lives at altitude. He is Eritrea's first Olympic and World Championships medalist and is a very popular sports personality in his country. Tadesse is married to Merhawit Solomon and the couple has three children. He likes to travel in Eritrea and Spain and is a fan of Real Madrid. Tadesse's brother Kidane Tadesse is also an elite runner.

## FESTUS TALAM

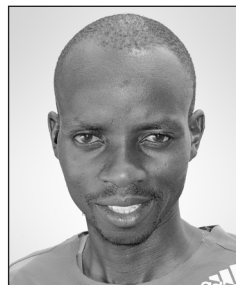
Iten, Kenya

**Bib #10 TALAM**

**PRONUNCIATION:** Fes-tus Tal-um

**BIRTHDATE:** 20 October 1994

**PERSONAL BEST:** 2:06:13 (Eindhoven, 2017)



### ABBOTT WORLD MARATHON MAJORS:

04Nov18	TCS New York City Marathon	8th	2:12:40
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### ADDITIONAL MARATHONS:

10Dec17	Honolulu Marathon	5th	2:17:26
08Oct17	Eindhoven Marathon	1st	2:06:13
09Apr17	NN Rotterdam Marathon	4th	2:07:10
09Oct16	Eindhoven Marathon	1st	2:06:26

### CAREER NOTES:

Festus Talam transitioned from the roads to the marathon by acting as pacemaker in Eindhoven, Rotterdam and Honolulu. In his debut Talam won the 2016 Eindhoven Marathon in 2:06:26. He repeated as champion in Eindhoven in 2017 and improved his personal best to 2:06:13. This past fall he finished eight at the competitive TCS New York City Marathon.

### PERSONAL NOTES:

Talam is married to Slyvia Jeruto and the couple has two children, Blessing Jelagat and Blesser Jelimo. He enjoys working on his farm when he is not training and supporting the studies of several primary school, high school and university students. He is big supporter of Chelsea football Club. The word talam means "grasshopper."

**JARED WARD**  
Mapleton, Utah, USA



**Bib #24 WARD**

**PRONUNCIATION:** JAIR-uhd WARD

**BIRTHDATE:** 09 September 1988

**PERSONAL BEST:** 2:11:30 (Rio de Janeiro, 2016)

**ABBOTT WORLD MARATHON MAJORS:**

4Nov18	TCS New York City Marathon	6th	2:12:24
5Nov17	TCS New York City Marathon	12th	2:18:39
17Apr17	Boston Marathon	10th	2:15:28
21Aug16	Rio de Janeiro Olympic Games	6th	2:11:30
13Oct13	Bank of America Chicago Marathon	19th	2:16:17

**ADDITIONAL MARATHONS:**

13Feb16	Los Angeles U.S. Olympic Marathon Trials	3rd	2:13:00
15Mar15	Los Angeles Marathon	3rd	2:12:56
05Oct14	St. Paul Twin Cities Marathon	2nd	2:14:00

**CAREER NOTES:**

Olympian Jared Ward finished top American at the 2018 TCS New York City Marathon, running a 2:12:24. In 2017 he was tenth in Boston and 12th in New York City. At the 2016 U.S. Olympic Marathon Trials, he finished third to secure a berth to Rio de Janeiro. "My proudest moment would be racing at the U.S. Olympic Marathon Trials," says Ward. "Not because I realized the dream of making an Olympic Team, but because I learned so many things about myself running the hardest race of my life." At the Olympics, Ward ran conservatively in the heat and humidity and moved up through the pack as other more experienced racers faded. Ward finished in sixth place, less than a minute and a half out of the medals. "The coming together of so many athletes from so many different countries at the Olympics is something special," says Ward. "And to represent my country was beyond special. There are so many people that have sacrificed so much for our country and putting on the USA singlet and running for my country was very empowering." Also, in 2016, he represented the United States at the IAAF World Half Marathon Championships, where he finished 26th. In 2015, he won the USATF Running Circuit title by winning the U.S. National Championships in the Marathon, 25K and 20K and finishing second in the half marathon. Olympian Ed Eyestone is his coach.

**PERSONAL NOTES:**

"Athletics has shaped me," says Ward. "Running has taught me to work hard and aim high, in addition to focusing on being my best regardless of someone else's talent level. I have learned to glean good from even disappointing outcomes and use the good and the less good races to fuel growth." Ward ran for Brigham Young University, where he was an All-American. He graduated with a master's degree in statistics, works as a liaison for the college and teaches statistics part time. He is also a volunteer assistant for the BYU cross country team, coach of Team Endure Strong, and is active in the Church of Jesus Christ of Latter-day Saints. Ward plays the trumpet and piano and likes to mountain bike in the off season. He is married to wife Erica, and the couple has four children: Paul, Ellie, Julia and Magnolia.



## JOHN HANCOCK'S 2019 ELITE WOMEN'S TEAM

NAME	Country	Personal Best Time
Worknesh Degefa .....	Ethiopia .....	2:17:41 (Dubai, 2019) NR
Aselefech Mergia .....	Ethiopia .....	2:19:31 (Dubai, 2012)
Edna Kiplagat.....	Kenya .....	2:19:50 (London, 2012)
Mare Dibaba.....	Ethiopia .....	2:19:52 (Xiamen, 2015)
Meskerem Assefa.....	Ethiopia .....	2:20:36 (Frankfurt, 2018)
Jordan Hasay.....	USA.....	2:20:57 (Chicago, 2017)
Belaynesh Oljira .....	Ethiopia .....	2:21:53 (Frankfurt, 2018)
Sharon Cherop.....	Kenya .....	2:22:28 (Berlin, 2013)
Desiree Linden.....	USA.....	2:22:38 (Boston, 2011)
Betsy Saina.....	Kenya .....	2:22:56 (Paris, 2018)
Caroline Rotich.....	Kenya .....	2:23:22 (Chicago, 2012)
Biruktayit Eshetu .....	Ethiopia .....	2:23:28 (Houston, 2019)
Sara Hall.....	USA.....	2:26:20 (Ottawa, 2018)
Eva Vrabcová .....	Czech Republic.....	2:26:31 (Berlin, 2018) NR
Sally Kipyego.....	USA.....	2:28:01 (New York City, 2016)
Krista Duchene .....	Canada .....	2:28:32 (Toronto, 2013)
Alyson Dixon .....	Great Britain .....	2:29:06 (London, 2017)
Lindsay Flanagan .....	USA.....	2:29:25 (Frankfurt, 2018)
Becky Wade.....	USA.....	2:30:41 (Sacramento, 2013)
Fionnuala McCormack.....	Ireland.....	2:31:22 (Rio de Janeiro, 2016)
Sarah Crouch.....	USA.....	2:32:27 (Chicago, 2018)
Sarah Sellers .....	USA.....	2:36:37 (New York City, 2018)
Mary Ngugi.....	Kenya .....	66:29 (Houston, 2016)

NR= National Record

# MESKEREM ASSEFA

Addis Ababa, Ethiopia

**Bib #F6 ASSEFA**

**PRONUNCIATION:** Mes-ka-rem Ah-sef-ah

**BIRTHDATE:** 20 September 1985

**PERSONAL BEST:** 2:20:36 (Frankfurt, 2018)



## ABBOTT WORLD MARATHON MAJORS:

11Oct15	Bank of America Chicago Marathon	6th	2:25:11
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## ADDITIONAL MARATHONS:

28Oct18	Mainova Frankfurt Marathon	1st	2:20:36
11Mar18	Nagoya International Marathon	1st	2:21:45
21Jan18	Hong Kong Marathon	2nd	2:29:42
29Oct17	Mainova Frankfurt Marathon	3rd	2:24:38
09Apr17	NN Rotterdam Marathon	1st	2:24:18
15Jan17	Chevron Houston Marathon	1st	2:30:18
30Oct16	Shanghai Marathon	6th	2:30:13
12Apr15	Schneider Paris Marathon	4th	2:25:58
25Jan15	Standard Chartered Hong Kong Marathon	2nd	2:33:57
01Jun14	Lanzhou Marathon	3rd	2:37:57
19Jan14	Chevron Houston Marathon	2nd	2:25:59
20Oct13	Scotiabank Toronto Marathon	7th	2:30:03
14Apr13	Vienna Marathon	2nd	2:31:18
13Jan13	Chevron Houston Marathon	3rd	2:25:17

## CAREER NOTES:

Meskerem Assefa has made the podium 11 times in her 15 career marathons. She has won Rotterdam, Houston and Nagoya, and finished first twice at Frankfurt, including last year when she improved her best to 2:20:36. In shorter distances, her 5K best is 15:55, 10K is 32:31 and four of the five half marathons she has run have been under 69:40, with a best of 67:42 at the 2017 Copenhagen Half Marathon. She represented Ethiopia at the 2008 and 2012 Olympic Games in the 1,500m, although she did not advance to the finals. She earned a silver medal in the 1,500m at the 2008 African Athletics Championships and her best time is 4:02.12.

## PERSONAL NOTES:

Assefa says making the switch from the track to the roads was not any easy transition and her favorite marathon speed work remains 400m repeats on the track. She says she is looking forward to her Boston debut because although the course is difficult, and her opponents are talented, she likes challenges. Assefa is married to elite athlete and two-time Olympian Dawit Wolde. Her favorite food is goat meat in spicy sauce.



**SHARON CHEROP**  
Marakwet, Kenya

**Bib #F9 CHEROP**

**PRONUNCIATION:** Sha-RON Che-ROP

**BIRTHDATE:** 16 March 1984

**PERSONAL BEST:** 2:22:28 (Berlin, 2013)



**ABBOTT WORLD MARATHON MAJORS:**

20Apr15	Boston Marathon	5th	2:26:05
21Apr14	Boston Marathon	6th	2:23:00
29Sep13	BMW BERLIN-MARATHON	2nd	2:22:28
15Apr13	Boston Marathon	3rd	2:27:01
16Apr12	Boston Marathon	1st	2:31:50
27Aug11	Daegu IAAF World Championships Marathon	3rd	2:29:14
18Apr11	Boston Marathon	3rd	2:22:42

**ADDITIONAL MARATHON HIGHLIGHTS:**

28Oct18	Volkswagen Ljubljana Marathon	4th	2:25:02
08Apr18	Rome Marathon	4th	2:29:36
12 Nov17	Istanbul Marathon	5th	2:39:34
18Oct15	Scotiabank Toronto Waterfront Marathon	2nd	2:24:16
06Dec15	Standard Chartered Singapore Marathon	3rd	2:44:53
26Oct14	Frankfurt Marathon	2nd	2:23:44
01Dec13	Singapore Marathon	1st	2:41:12
18Nov12	Turin Marathon	1st	2:23:57
27Jan12	Standard Chartered Dubai Marathon	7th	2:22:39
26Sep10	Scotiabank Toronto Waterfront Marathon	1st	2:22:43
25Apr10	Hamburg Marathon	1st	2:28:38
25Oct09	Standard Chartered Nairobi Marathon	3rd	2:33:53
26Apr08	Nashville Country Music Marathon	4th	2:39:52
07Oct07	Medtronic Twin Cities Marathon	3rd	2:38:45

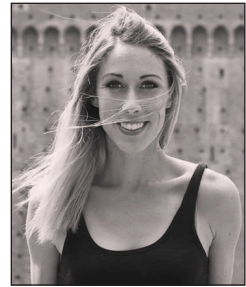
**CAREER NOTES:**

Sharon Cherop, the 2012 Boston Marathon champion, returns to Boston for the sixth time. She is one of the most experienced marathon runners in the field and has run ten marathons under 2:26:05. Cherop won the Singapore, Turin, Toronto, and Hamburg Marathons and was the bronze medalist at the 2011 IAAF World Championships Marathon. In 21 career marathons, she has missed finishing top five only twice. In 2018 she ran two of her top ten half marathons: 68:22 for fourth in Paris and 71:09 for second in Porto. Her top ten half marathon average is 1:09:01, with a personal best of 67:08 run in New Delhi in 2011.

**PERSONAL NOTES:**

Cherop trains in Marakwet where she was born, and in Iten at the Kamariny Stadium. She started running in primary school and in 1999 began serious training. In 2000, she won the bronze medal in the 5,000m at the IAAF World Junior Championships. Cherop is married to Mathew Bowen, who is a 2:10 marathoner. Cherop says when she is not training she enjoys reading novels and swimming. She says the three things that keep her going are perseverance, hard work and patience.

**SARAH CROUCH**  
Flagstaff, Arizona, USA



**Bib #F22 CROUCH**

**PRONUNCIATION:** SA-rah CROUCH

**BIRTHDATE:** 22 August 1989

**PERSONAL BEST:** 2:32:27 (Chicago, 2018)

**ABBOTT WORLD MARATHON MAJORS:**

07Oct18	Bank of America Chicago Marathon	6th	2:32:37
08Oct 17	Bank of America Chicago Marathon	13th	2:38:27
09Oct16	Bank of America Chicago Marathon	9th	2:33:48
18Apr16	Boston Marathon	11th	2:37:36
11 Oct 15	Bank of America Chicago Marathon	12th	2:32:51
12 Oct 14	Bank of America Chicago Marathon	6th	2:32:44
06 Nov 11	ING New York City Marathon	22nd	2:44:25

**ADDITIONAL MARATHONS:**

14Jan18	Chevron Houston Marathon	7th	2:35:22
15Jan17	Chevron Houston Marathon	5th	2:38:37
08 Feb 15	Tallahassee Marathon	1st	2:46:59

**CAREER NOTES:**

Sarah Crouch made her marathon debut as a 22-year-old at the 2011 New York City Marathon, where she finished 22nd overall and sixth American. After finding success in several U.S. Road Running Championships, including finishing third American in 54:15 at the Cherry Blossom U.S. 10 Mile Championships, Crouch returned to the marathon distance and has proven consistent. She has finished top 13 in the past five Bank of America Chicago Marathons, including placing top American and sixth overall last year. "Being the top American at a Major Marathon was something I once believed was not in the cards for me and the moment I pulled away will stick with me forever," says Crouch. "The race hurt just as bad as any, but man was that finish line sweet!" In her only Boston appearance, Crouch finish 11th in 2016.

**PERSONAL NOTES:**

Crouch grew up in Hockinson, Washington, and went to Western Washington University. In college, she was a 13-time Division II All American and 2011 Division II National Champion in the 10,000m. She works as a running coach and is married to Michael Crouch. Steve Magness coaches Sarah and her two sisters. "My older sister ran 2:40 in the marathon in December and my younger ran 15:49 in the 5k last spring so our training often lines up well," says Crouch. "There is a unique dynamic between the three of us that consists of pride, encouragement and of course, sibling rivalry." Crouch plays the trombone, rides the unicycle, and enjoys painting.

## WORKNESH DEGEFA

Assela, Ethiopia

**Bib #F2 DEGEFA**

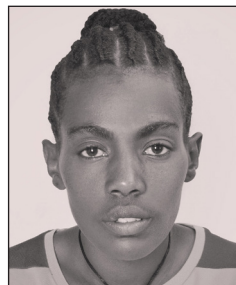
**PRONUNCIATION:** Work-nesh De-ge-fa

**BIRTHDATE:** 28 October 1990

**PERSONAL BEST:** 2:17:41 (Dubai, 2019) NR

### MARATHON HIGHLIGHTS:

25Jan19	Standard Chartered Dubai Marathon	2nd	2:17:41 NR
26Jan18	Standard Chartered Dubai Marathon	4th	2:19:53
20Jan17	Standard Chartered Dubai Marathon	1st	2:22:36



### CAREER NOTES:

This January in Dubai, Worknesh Degefa set an Ethiopian national marathon record with her 2:17:41 second place finish. With that result she became the fourth fastest women's marathoner in history. Historically a half marathon specialist, Degefa's top ten half marathon times (2013-2016) were run with an average time of 67:30. Her personal best was recorded at the 2016 Prague Half Marathon where she finished second in 66:14. She earned the silver medal at the 2015 All African Games Half Marathon. Degefa made her debut in the marathon in 2017 with a win at the Dubai Marathon, which she says is her proudest accomplishment.

### PERSONAL NOTES:

Degefa trains in the Oromia region of Ethiopia in Arsi and Assela because of its altitude and good weather for training. Her coach is Gemedu Dedefo. Her favorite foods are rice and pasta and she enjoys traveling in Europe.

## MARE DIBABA

Shoa, Ethiopia

**Bib #F5 DIBABA**

**PRONUNCIATION:** MAR-ee Dee-BAA-baa

**BIRTHDATE:** 20 October 1989

**PERSONAL BEST:** 2:19:52 (Xiamen, 2015)



### ABBOTT WORLD MARATHON MAJORS:

22Apr18	Virgin Money London Marathon	7th	2:27:45
06Aug17	London IAAF World Championships Marathon	8th	2:28:49
14Aug16	Rio de Janeiro Olympic Games Marathon	3rd	2:24:30
24Apr16	Virgin Money London Marathon	6th	2:24:09
30Aug15	Beijing IAAF World Championships Marathon	1st	2:27:35
20Apr15	Boston Marathon	2nd	2:24:59
12Oct14	Bank of America Chicago Marathon	1st	2:25:37
21Apr14	Boston Marathon	2nd	2:20:35
05Aug12	London Olympic Games Marathon	22nd	2:28:48

### ADDITIONAL MARATHON HIGHLIGHTS:

28Oct18	Mainova Frankfurt Marathon	11th	2:25:24
03Jan15	Xiamen International Marathon	1st	2:19:52
02Jan14	Xiamen International Marathon	1st	2:21:36
27Jan12	Standard Chartered Dubai Marathon	3rd	2:19:52
16Oct11	Scotiabank Toronto Waterfront Marathon	2nd	2:23:25
20Mar11	Honda Los Angeles Marathon	3rd	2:30:25
31Oct10	BMW Frankfurt Marathon	5th	2:25:27
21Mar10	Rome Marathon	3rd	2:25:38

### CAREER NOTES:

Two-time Olympian Mare Dibaba is one of Ethiopia's most accomplished marathon runners, earning an Olympic medal, a World Championships medal and 11 podium finishes. At the 2016 Olympic Games Marathon in Rio de Janeiro, she earned the bronze medal in hot and humid conditions. In 2015 she became Ethiopia's first-ever IAAF World Championship Marathon gold medalist when she outsprinted three women inside the Bird's Nest stadium in Beijing to claim the win in 2:27:35. In a thrilling finish, the top four women were separated by just seven seconds, making it one of the closest marathons in World Championships history. She won the 2014 Bank of America Chicago Marathon, the Xiamen International Marathon twice and at Boston finished runner-up in 2014 and 2015.

### PERSONAL NOTES:

Dibaba trains in Addis Ababa and her coach is Haji Adilo. She is affiliated with Elite Sports Management International. She says she likes to drink Ethiopian coffee and tea with her family, visit with friends, and go to the cinema.

**ALYSON DIXON**  
**Sunderland Tyne and Wear, UK**

**Bib #F18 DIXON**

**PRONUNCIATION:** Al-lee-son Dix-on

**BIRTHDATE:** 24 September 1978

**PERSONAL BEST:** 2:29:06 (London, 2017)



**ABBOTT WORLD MARATHON MAJORS:**

07Oct18	Bank of America Chicago Marathon	DNF	
06Aug17	London IAAF World Championships Marathon	18th	2:31:36
23Apr17	Virgin Money London Marathon	14th	2:29:06
14Aug16	Rio de Janeiro Olympic Games Marathon	28th	2:34:11
24Apr16	Virgin Money London Marathon	13th	2:31:52
27Sep15	BMW BERLIN-MARATHON	11th	2:29:30
22Apr12	Virgin London Marathon	23rd	2:35:46
27Aug11	Daegu IAAF World Championships Marathon	40th	2:50:51
07Nov10	ING New York City Marathon	28th	2:42:50
25Apr10	Virgin London Marathon	24th	2:43:48

**ADDITIONAL MARATHON HIGHLIGHTS:**

15Apr18	Gold Coast Commonwealth Games Marathon	6th	2:38:19
27Jul14	Glasgow Commonwealth Games Marathon	DNF	
14Apr13	Brighton Marathon	2nd	2:31:10
10Apr11	Brighton Marathon	1st	2:34:51

**CAREER NOTES:**

Alyson Dixon made her marathon debut at the 2010 Virgin London Marathon and has continued to improve her time over the distance. She broke 2:30 for the first time at the 2015 BMW BERLIN-MARATHON, which set her up for making the Great Britain team for the 2016 Olympic Games. In Rio de Janeiro she finished 28th at the age of 37. She then represented her country at the 2017 London IAAF World Championships Marathon, where she placed 18th. She then represented Great Britain at the 2018 Gold Coast Commonwealth Games Marathon and finished sixth.

**PERSONAL NOTES:**

Dixon says running the 2016 Olympic Games Marathon was a highlight of her career. "Running at the Olympics had been a dream since watching the Barcelona Games in 1992," says Dixon. "I've been fortunate enough to go as a spectator to Athens in 2004 and London in 2012, so to finally get to compete in 2016 at the age of 37 was literally a dream come true. The race was tough due to the weather conditions – hot and very humid – but I loved every second of being out there. It was made even more special because my parents were roadside supporting me. On my last lap my mum shouted that she was proud of me which nearly made me cry! For over 20 years they've supported me unconditionally and made many sacrifices to help my running, so to see the pride in their faces after was a very special moment." Dixon has a MSC in computing and holds coaching qualifications in athletics, dodgeball, ultimate frisbee and mini fencing. One of her favorite places to travel is to Font Romeu in the French Pyrenees. She likes to train at altitude there and enjoys running on the trails and in the forest. Her current bucket list of physical challenges includes running the Boston Marathon, cycling Mount Ventoux and climbing Mount Kilimanjaro.

**KRISTA DUCHENE**  
Brantford, Ontario, Canada

**Bib #F17 DUCHENE**

**PRONUNCIATION:** Kris-ta Do-shane

**BIRTHDATE:** 09 January 1977

**PERSONAL BEST:** 2:28:32 (Toronto, 2013)



**ABBOTT WORLD MARATHON MAJORS:**

16Apr18	Boston Marathon	3rd	2:44:20
23Apr17	Virgin Money London Marathon	25th	2:43:31
14Aug16	Rio de Janeiro Olympic Games Marathon	35th	2:35:29
10Aug13	Moscow IAAF World Championships Marathon	DNF	

**CAREER HIGHLIGHTS:**

21Oct18	Scotiabank Toronto Waterfront Marathon	10th	2:36:46
16Oct16	Scotiabank Toronto Waterfront Marathon	5th	2:34:02
12Apr15	Rotterdam Marathon	3rd	2:29:38
20Oct13	Scotiabank Toronto Waterfront Marathon	4th	2:28:32
14Oct12	Scotiabank Toronto Waterfront Marathon	4th	2:32:16
15Apr12	Rotterdam Marathon	7th	2:32:06
30May10	Ottawa Marathon	6th	2:39:08
27Sep09	Scotiabank Toronto Waterfront Marathon	9th	2:50:37

**CAREER NOTES:**

At Boston last year, in freezing temperatures and driving rain, Krista DuChene focused on her own race and steadily passed many of the front runners along the way to earn a podium position. DuChene made her elite marathon debut at the Scotiabank Toronto Waterfront Marathon in 2009 where she placed ninth in 2:50:37. Since that time, she has become one of Canada's all-time best marathon runners (the third fastest in history) and a multiple national champion in the marathon and half marathon. At the 2015 Rotterdam Marathon, DuChene became the first Canadian woman in 20 years to qualify for the Olympics. This was even more remarkable because she was 38 years old and had broken her femur only 12 months earlier, shortly before crossing the finish line of the Scotiabank Half Marathon in Montreal.

**PERSONAL NOTES:**

DuChene did not take the traditional route to elite marathon success. In 2002 after retiring from a successful ice hockey career, she decided to run the Niagara Falls Marathon and finished in 3:28. She enjoyed the distance and was curious to see how fast she could become with serious training. She then ran a few additional marathons, including the 2005 Boston Marathon where she recorded a time just over three hours. "I kept going, chipping away and setting the bar higher, all while having three children in between," says DuChene. "My marathon personal best time is now 2:28:32, which is the third fastest in Canada and one hour faster than my first marathon." DuChene holds a Bachelor of Applied Human Nutrition from the University of Guelph and is a registered dietitian. She is married and has three children, Micah, Seth and Leah. DuChene spends time volunteering in the community, at her church and at her children's school. She also enjoys public speaking and sharing the story of her journey from recreational athlete to Olympian. DuChene belongs to the Speed River Track and Field Club in Guelph, Ontario, and her coach is Dave Scott-Thomas.

**BIRUKTAYIT ESHETU**  
**Addis Ababa, Ethiopia**

**Bib #F12 ESHETU**

**PRONUNCIATION:** Bir-uk-tay-it Esh-a-tu

**BIRTHDATE:** 29 September 1990

**PERSONAL BEST:** 2:23:28 (Houston, 2019)



**ABBOTT WORLD MARATHON MAJORS:**

30Sep12	real-Berlin Marathon	10th	2:33:27
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**ADDITIONAL MARATHONS:**

20Jan19	Chevron Houston Marathon	1st	2:23:28
26Aug18	Mexico City Marathon	4th	2:40:46
08Apr18	NN Rotterdam Marathon	2nd	2:26:56
14Jan18	Chevron Houston Marathon	1st	2:24:51
19Mar17	Los Angeles Marathon	5th	2:43:23
15Jan17	Chevron Houston Marathon	2nd	2:30:44
30Oct16	Shanghai International Marathon	7th	2:30:32
08May16	Volkswagen Prague Marathon	DNF	
17Jan16	Chevron Houston Marathon	1st	2:26:07
18Oct15	Des Moines Marathon	1st	2:33:00
20Sep15	Sydney Blackmores Marathon	3rd	2:39:28
12Apr15	Paris Marathon	6th	2:26:48
18Jan15	Chevron Houston Marathon	3rd	2:23:51
09Nov14	Xichang Marathon	1st	2:30:26
21Sep14	Sydney Blackmores Marathon	1st	2:29:42
27Jul14	Eugene Marathon	1st	2:33:15
09Mar14	Los Angeles Marathon	4th	2:31:17
19Jan14	Chevron Houston Marathon	4th	2:26:22
27Oct13	Volkswagen Ljubljana Marathon	5th	2:34:19
22Sep13	Sydney Blackmores Marathon	1st	2:32:46
07Mar13	Roma Marathon	8th	2:32:52
18Nov12	Hangzhou Marathon	3rd	2:30:28
27May12	Ottawa Marathon	2nd	2:33:12
25Mar12	Barcelona Marathon	2nd	2:29:52
30Oct11	Frankfurt Marathon	8th	2:27:34
29May11	Ottawa Marathon	2nd	2:33:15
17Oct10	Reims Marathon	3rd	2:34:07
25Apr10	Hamburg Marathon	2nd	2:29:48
08Nov09	Athens Classic Marathon	2nd	2:40:32

**CAREER NOTES:**

Three-time Houston Marathon winner Biruktayit Eshetu is one of the most prolific marathoners in the field with eight career wins and 19 podium finishes. She has run one Abbott World Marathon Majors race, Berlin in 2012, where she finished 10th. Her personal best was achieved this year with her 2:23:28 Houston Marathon win.

**PERSONAL NOTES:**

Eshetu trains in Ethiopia in Entoto, Sululeta and Sendafa with her coach, Gemedu Dedefo. She enjoys travelling to the United States and to Australia. Her favorite food is kitfo, a traditional Ethiopian raw meat dish.

## LINDSAY FLANAGAN

Roselle, Illinois, USA

**Bib #F19 FLANAGAN**

**PRONUNCIATION:** LIND-say FLAN-a-gan

**BIRTHDATE:** 24 January 1991

**PERSONAL BEST:** 2:29:25 (Frankfurt, 2018)

### ABBOTT WORLD MARATHON MAJORS:

06Aug17	London IAAF World Championships Marathon	37th	2:39:47
17Apr17	Boston Marathon	11th	2:34:44

### ADDITIONAL MARATHONS:

28Oct18	Mainova Frankfurt Marathon	13th	2:29:25
30Oct16	Frankfurt Marathon	4th	2:29:28
13Feb16	Los Angeles U.S. Olympic Marathon Trials	14th	2:39:42
18Jul15	Toronto Pan American Games Marathon	2nd	2:36:30
18Jan15	Houston Marathon	9th	2:33:12

### CAREER NOTES:

In 2018 Lindsay Flanagan was one of nine American women to break 2:30 in the marathon with her 2:29:25 personal best in Frankfurt. In 2017 she finished 11th in Boston and then represented the United States at the IAAF World Championships Marathon, where she placed 37th. At the 2016 U.S. Olympic Marathon Trials, Flanagan placed 14th. In 2015 she won the silver medal at the Pan American Games Marathon. "The Boston Marathon is the most prestigious marathon in the world," says Flanagan. "It is amazing to be part of such an historic event that so many great athletes before me have also competed in. It's important for me to run the Boston Marathon because of what it stands for — being resilient and strong in all aspects of life, not just running."

### PERSONAL NOTES:

"Running continues to teach me valuable life lessons about resilience and overcoming adversity in all forms," says Flanagan. "It constantly pushes me to never stop striving to be the best person and athlete possible." Flanagan was an All-American while competing at the University of Washington in Seattle. She graduated with dual degrees in public health and anthropology and minors in global health and nutrition. In high school, Flanagan was the 2008 Gatorade Cross Country Athlete of the Year for Illinois after placing ninth at the 2008 Foot Locker Cross Country Championships and fifth at the 2008 Nike Cross Country Nationals. Flanagan is training in Colorado for Boston and is coached by Steve Magness.





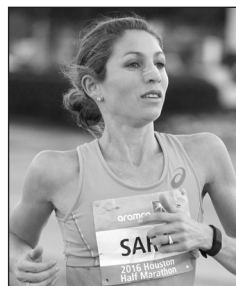
**SARA HALL**  
Flagstaff, Arizona, USA

**Bib #F14 HALL**

**PRONUNCIATION:** Sa-rah HALL

**BIRTHDATE:** 15 April 1983

**PERSONAL BEST:** 2:26:20 (Ottawa, 2018)



**ABBOTT WORLD MARATHON MAJORS:**

26Feb17	Tokyo Marathon	6th	2:28:26
06Nov16	TCS New York City Marathon	9th	2:36:12
24Apr16	Virgin Money London Marathon	12th	2:30:06
11Oct15	Bank of America Chicago Marathon	10th	2:31:14

**ADDITIONAL MARATHONS:**

27May18	Ottawa Marathon	3rd	2:26:20
28Oct18	Mainova Frankfurt Marathon	DNF	
03Dec17	California International Marathon	1st	2:28:10
29Oct17	Mainova Frankfurt Marathon	5th	2:27:21

**CAREER NOTES:**

Sara Hall made her marathon debut in 2015, after competing globally for the U.S. in cross country, track and on the roads. Her most notable finishes include winning the gold medal in the 3,000m steeplechase at the 2011 Pan American Games, placing eighth in the 3,000m at the 2012 World Indoor Championships and finishing 15th at the World Half Marathon Championships. In the marathon distance, she had her first career win at the 2017 U.S. National Championships at the California International Marathon. Last year she improved her personal bests in three distances: the marathon, half marathon and the 10-mile. In the marathon she finished 2:26:20 in Ottawa. In the half marathon, she won the Gold Coast Half Marathon in 69:27. In the 10-mile, she won the USATF National Championships in 52:47. "I started training for my first marathon the fall of 2014," says Hall. "I didn't expect to enjoy marathon training but saw it more as a "bucket list" thing. But I immediately fell in love with the training, and even when my debut marathon didn't go well, I was hooked. I wanted to be a marathoner. I didn't envision myself continuing this career while having four kids, but thankfully I'm enjoying it the most I ever have and though it's difficult to do everything with excellence, I'm finding a way."

**PERSONAL NOTES:**

Hall was an All-American at Stanford University. There she met elite runner Ryan Hall and the couple married in 2005. Ryan is currently coaching Sara. "Ryan always came alive at the Boston Marathon; it's no secret it was his favorite," says Hall. "Watching him made me fall in love with the race and I've been wanting to do it for years now. I helped crew for him on the course for three weeks leading up to his race in 2010, so I got to see a lot of the course and the enthusiasm the community has for the event." The Halls live in Flagstaff, Arizona, and have four adopted daughters, sisters from Ethiopia: Hana, Mia, Jasmine and Lily. Hall's dogs Kai, Mita and Dash often run training miles with her. The Halls founded the Hall Steps Foundation which provides orphan care and orphan prevention work in Ethiopia.

# JORDAN HASAY

Arroyo Grande, California, USA

**Bib #F7 JORDAN**

**PRONUNCIATION:** JOR-dan HA-say

**BIRTHDATE:** 21 September 1991

**PERSONAL BEST:** 2:20:57 (Chicago, 2017)



## ABBOTT WORLD MARATHON MAJORS:

08Oct17	Bank of America Chicago Marathon	3rd	2:20:57
17Apr17	Boston Marathon	3rd	2:23:00

## CAREER HIGHLIGHTS:

04 Sep17	U.S. 20K National Championships	1st	66:35
01Apr17	Prague Half Marathon	6th	67:55
11Mar17	U.S. 15K National Championships	1st	49:28
09Oct16	U.S. 10M Road Running Championships	1st	52:49
13Oct14	Boston Tufts 10K	1st	31:39
11Aug13	Moscow IAAF World Championships 10,000m	12th	32:17.93
25Jul10	IAAF World Junior Championships 1,500m	4th	4:13.95
19Jul10	IAAF World Junior Championships 3,000m	9th	9:15.78
13Jul08	IAAF World Junior Championships 1,500m	4th	4:19.02
13Jul07	IAAF World Youth Championships 1,500m	2nd	4:17.24

## CAREER NOTES:

Choosing Boston to make her debut in 2017, Jordan Hasay ran 2:23:00 to finish third. She set an American women's debut record by three minutes and recorded the fourth fastest time ever run in the race by an American woman behind Shalane Flanagan, Desiree Linden and Joan Benoit Samuelson. After Boston, Hasay ran the Bank of America Chicago Marathon and once again finished third, but improved her time to 2:20:57, becoming the second fastest American woman marathoner of all time. Besides making the podium in both the Boston and Chicago Marathons, Hasay set a half marathon personal best time of 67:55 with her sixth-place finish at the 2017 Prague Half Marathon. During the race she set a 15K personal best of 48:21 and a 20K personal best of 64:32. She also won the 2017 U.S. national titles in the 20K, 10 Mile and 15K. Hasay was injured during 2018, but after surgery on her foot has made a complete recovery. As a junior competitor, she won the silver medal in the 1,500m at the 2007 IAAF World Youth Championships and finished fourth in the 1,500m at the IAAF World Junior Championships in both 2008 and 2010. As a U23 competitor, she won the gold medal at the 2012 NACAC Championships in the 1,500m. At the 2013 IAAF World Championships she placed 12th in the 10,000m. She says her proudest running accomplishment was helping her teammates win the NCAA Division I Cross Country team title for the University of Oregon, where Hasay was an 18-time All-American.

## PERSONAL NOTES:

Hasay has been running since she was 12 years old and grew up in Arroyo Grande, California. She attended Mission College Preparatory Catholic High School, where she was a two-time Foot Locker Cross Country National Champion, set nine national high school records and competed in the 2008 U.S. Olympic Trials 1,500m. The valedictorian of her high school class, Hasay graduated from the University of Oregon with a degree in Business Administration. She runs for the Nike Oregon Project, trains in California and Oregon, and is coached by 1982 Boston Marathon winner Alberto Salazar. "I've always believed that running is the best metaphor for life," says Hasay. "There are so many ups and downs and I've come to learn that the most important part is the journey, not necessarily the final destination. The ups and downs I've gone through during my running career have taught me to enjoy the struggle and to simply live in the moment and give my best because ultimately that's all anyone can do."

# EDNA KIPLAGAT

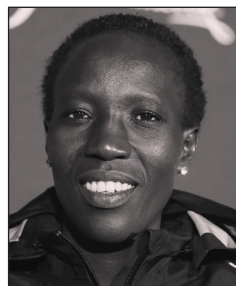
Uasin Gishu, Kenya

**Bib #F4 KIPLAGAT**

**PRONUNCIATION:** ED-nah KIP-la-gat

**BIRTHDATE:** 15 November 1979

**PERSONAL BEST:** 2:19:50 (London, 2012)



## ABBOTT WORLD MARATHON MAJORS:

16Sep18	BMW BERLIN-MARATHON	4th	2:21:18
16Apr18	Boston Marathon	9th	2:47:14
05Nov17	TCS New York City Marathon	4th	2:29:36
06Aug17	London IAAF World Championships Marathon	2nd	2:27:18
17Apr17	Boston Marathon	1st	2:21:52
09Oct16	Bank of America Chicago Marathon	2nd	2:23:28
28Feb16	Tokyo Marathon	3rd	2:22:36
30Aug15	Beijing IAAF World Championships Marathon	5th	2:28:18
26Apr15	Virgin Money London Marathon	10th	2:27:16
02Nov14	TCS New York City Marathon	12th	2:36:24
13Apr14	Virgin Money London Marathon	1st	2:20:21
03Nov13	ING New York City Marathon	9th	2:30:04
10Aug13	Moscow IAAF World Championships Marathon	1st	2:25:44
21Apr13	Virgin London Marathon	2nd	2:21:32
05Aug12	London Olympic Games Marathon	19th	2:27:52
22Apr12	Virgin London Marathon	2nd	2:19:50
27Aug11	Daegu IAAF World Championships Marathon	1st	2:28:43
17Apr11	Virgin London Marathon	2nd	2:20:46
07Nov10	ING New York City Marathon	1st	2:28:20

## ADDITIONAL MARATHONS:

21Mar10	Los Angeles Marathon	1st	2:25:38
04Dec05	Las Vegas Marathon	10th	2:50:20

## CAREER NOTES:

Edna Kiplagat ran the second fastest marathon in her career last year as she finished fourth at the BMW BERLIN-MARATHON. At the 2018 Boston Marathon, Kiplagat never considered dropping from the race even though many of the elites had stopped due to the freezing rain. She finished ninth and said it was one of the hardest races she has ever run. In 2017 Kiplagat decisively won Boston, running the second fastest winning time in the history of the women's race. One of the most accomplished marathoners in the world, Kiplagat has won the gold medal at the IAAF World Championships Marathon twice and in 2017 earned a silver medal. She is a London and New York City Marathon champion, a three-time winner of the Abbott World Marathon Majors Championships, and the first open division elite woman to run all six Abbott World Marathon Majors.

## PERSONAL NOTES:

Edna's husband, Gilbert Koech, is a former elite marathon runner and the couple has five children, two biological and three adopted. Kiplagat is a policewoman and volunteers creating awareness in garbage management to keep a clean environment in Iten, Kenya. "I am one of the role models in my town and country," says Kiplagat. "I have mentored girls in school and I have empowered women to form community associations. I also support less fortunate kids to pay their school fees." Her hobbies include reading and listening to gospel music. She enjoys eating ugali and vegetables and her favorite place to travel is Cape Cod in Massachusetts.

**SALLY KIPYEGO**  
Eugene, Oregon, USA



**Bib #F16 KIPYEGO**

**PRONUNCIATION:** Sal-lee Kip-yeh-go

**BIRTHDATE:** 19 December 1985

**PERSONAL BEST:** 2:28:01 (New York City, 2016)

**ABBOTT WORLD MARATHON MAJORS:**

06Nov16	TCS New York City Marathon	2nd	2:28:01
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**CAREER HIGHLIGHTS:**

24Aug15	Beijing IAAF World Championships 10,000m	5th	31:44.42
10Aug12	London Olympic Games 5,000m	4th	15:05.79
03Aug12	London Olympic Games 10,000m	2nd	30:26.37
27Aug11	Daegu IAAF World Championships 10,000m	2nd	30:50.04

**CAREER NOTES:**

After an outstanding college career on the track, Sally Kipyego qualified for the 2011 IAAF World Championships team, representing Kenya in the 10,000 meters. In Daegu she earned the silver medal, behind county woman Vivian Cheruiyot. In 2012 she doubled at the London Olympic Games in the 10,000m and the 5,000m. She won the silver medal in the 10,000m (again behind Vivian Cheruiyot) and returned to place fourth in the 5,000m. In 2015 Kipyego once again represented Kenya at the World Championships 10,000m and this time she finished fifth. In 2016 Kipyego made her marathon debut in New York, finishing runner-up behind Mary Keitany. Her best half marathon was recorded at the 2014 New York City Half Marathon, where she won the race in 68:31.

**PERSONAL NOTES:**

Kipyego attended South Plains College and Texas Tech, where she was a nine-time NCAA All-American and eight-time NCAA champion, tied for the most in NCAA history. Kipyego was the first Kenyan female to win a NCAA cross country individual championship and the first female in Division I history to win three consecutive NCCA cross country titles. In 2008 she married elite runner Kevin Chelimo and in 2009 she earned her nursing degree. The couple has one daughter named Emma. In January 2017 Kipyego became a U.S. citizen. She trains with the Oregon Track Club and is coached by Mark Rowland. Her brother, Michael Kipyego, is also an elite runner.

## DESIREE LINDEN

Washington, Michigan, USA



**Bib #F1 DES**

**PRONUNCIATION:** DES-uh-ray LIN-den

**BIRTHDATE:** 26 July 1983

**PERSONAL BEST:** 2:22:38 (Boston, 2011)

### ABBOTT WORLD MARATHON MAJORS:

04Nov18	TCS New York City Marathon	6th	2:27:51
16Apr18	Boston Marathon	1st	2:39:54
17Apr17	Boston Marathon	4th	2:25:06
14Aug16	Rio de Janeiro Olympic Games Marathon	7th	2:26:08
20Apr15	Boston Marathon	4th	2:25:39
02Nov14	TCS New York City Marathon	5th	2:28:11
21Apr14	Boston Marathon	8th	2:23:54
29Sep13	BMW BERLIN-MARATHON	5th	2:29:15
05Aug12	London Olympic Games Marathon	DNF	
18Apr11	Boston Marathon	2nd	2:22:38
10Oct10	Bank of America Chicago Marathon	2nd	2:26:20
23Aug09	IAAF World Championships, Berlin	10th	2:27:53
12Oct08	Bank of America Chicago Marathon	5th	2:31:33
16Apr07	Boston Marathon	18th	2:44:56

### ADDITIONAL MARATHONS:

13Jan16	Los Angeles U.S. Olympic Trials Marathon	2nd	2:28:54
14Jan12	Houston U.S. Olympic Team Trials Marathon	2nd	2:25:55
20Apr08	Boston U.S. Olympic Marathon Trials	13th	2:37:50

### CAREER NOTES:

Desiree Linden, a two-time Olympian and one of the fastest American marathoners of all time, won the 2018 Boston Marathon in driving rain, wind and near freezing temperatures. Her win marked the first time in 33 years that an American woman earned the coveted olive wreath. Linden had previously run the Boston Marathon on five different occasions, narrowly missing the title in 2011 by two seconds, running 2:22:38. "In 2007 I ran my first Boston Marathon; I absolutely fell in love with the event, the course, the city, all of it," says Linden. "I thought I had every experience imaginable racing in Boston, but in 2019 I'm thrilled and proud to have another first as I'll start the race as the defending Boston Marathon Champion. My 12 years of history in Boston have nothing on the 123 years of the event, but each year has made me love and appreciate the event even more, and I can't imagine racing anywhere else in April." A top five finisher in eight Abbott World Marathon Majors, Linden was also runner-up at the 2010 Chicago Marathon. Additional accomplishments include placing seventh at the 2016 Olympic Games Marathon, tenth at the 2009 IAAF World Championships Marathon, second at the 2012 and 2016 U.S. Olympic Marathon Trials and second in the 10,000m at the 2015 Pan American Games.

### PERSONAL NOTES:

"Being a champion is amazing," say Linden. "Being a Boston Marathon Champion has been life changing." Linden grew up in Chula Vista, California, and was an All-American on the track for Arizona State University, where she graduated with a B.A. in religious studies and a B.S. in psychology. Linden enjoys traveling and writing and says she is "an espresso addict, a music junkie and a book nerd." Married to professional runner and triathlete Ryan Linden, the couple lives in Michigan and share two dogs, one named Atlas and the other named Boston. They also are co-owners of Linden & True Coffee.

## **FIONNUALA MCCORMACK**

**Wicklow, Ireland**

**Bib #F21 MCCORMACK**

**PRONUNCIATION:** Finn-uu-La Mc-Cor-mack

**BIRTHDATE:** 24 September 1984

**PERSONAL BEST:** 2:31:22 (Rio de Janeiro, 2016)



### **ABBOTT WORLD MARATHON MAJORS:**

14Aug16	Rio de Janeiro Olympic Games Marathon	20th	2:31:22
11Oct15	Bank of America Chicago Marathon	13th	2:33:15

### **ADDITIONAL MARATHONS:**

16Aug14	Zurich Marathon	10th	2:31:46
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### **CAREER NOTES:**

Three-time Olympian Fionnuala McCormack is one of her country's most accomplished and versatile runners. McCormack was the gold medalist at the 2011 and 2012 European Cross Country Championships. She represented Ireland in the steeplechase at the 2008 Beijing Olympic Games, the 2007 IAAF World Championships and the 2011 IAAF World Championships. In the 10,000m she competed in three European Championships placing fourth in 2012, eighth in 2014 and fourth in 2016. At the 2012 London Olympic Games she doubled in the 5,000m and the 10,000m. McCormack earned a bronze medal in the 2013 European Indoor Championships in the 3,000m. In 2014 she made her marathon debut in Zurich, finishing 10th in 2:31:46. In 2015, she was 13th at the Bank of America Chicago Marathon in 2:33:15, and at the Rio Olympic Games Marathon McCormack finished 20th for Ireland in a personal best 2:31:22.

### **PERSONAL NOTES:**

McCormack is looking forward to her Boston debut. "As an Irish athlete it is important for me to run Boston as there is a connection between Ireland and the city of Boston as well as with the race itself," says McCormack. "I also like that the race is not necessarily about fast times but about great competition." McCormack is married to husband, coach and sometimes training partner, Alan, and the couple has a daughter, Isla. Her favorite workouts are "long runs that end at coffee shops." McCormack's sister, Úna, is an elite runner.

## ASELEFECH MERGIA

Woliso, Ethiopia

**Bib #F3 MERGIA**

**PRONUNCIATION:** A-sell-eh-fech Muir-ghee-ah

**BIRTHDATE:** 23 January 1985

**PERSONAL BEST:** 2:19:31 (Dubai, 2012)



### ABBOTT WORLD MARATHON MAJORS:

16Apr18	Boston Marathon	DNF	
06Aug17	London IAAF World Championships Marathon	12th	2:29:43
23Apr17	Virgin Money London Marathon	3rd	2:23:08
06Nov16	TCS New York City Marathon	6th	2:33:28
24Apr16	Virgin Money London Marathon	5th	2:23:57
01Nov15	TCS New York City Marathon	2nd	2:25:32
26Apr15	Virgin Money London Marathon	4th	2:23:53
05Aug12	London Olympic Games Marathon	41st	2:32:03
27Aug11	Daegu IAAF World Championships Marathon	DNF	
17Apr11	Virgin London Marathon	DNF	
25Apr10	Virgin London Marathon	1st	2:22:38
23Aug09	Berlin IAAF World Championships Marathon	3rd	2:25:32

### ADDITIONAL MARATHONS:

23Jan15	Standard Chartered Dubai Marathon	1st	2:20:02
27Jan12	Standard Chartered Dubai Marathon	1st	2:19:31
21Jan11	Standard Chartered Dubai Marathon	1st	2:22:45
05Apr09	Paris Marathon	2nd	2:25:02

### CAREER NOTES:

Mergia is one of Ethiopia's most talented marathon runners. A former national record holder in the marathon, she has won the Dubai Marathon three times and won the 2010 London Marathon. She has finished top five at ten marathons with an average time of 2:23:12. Making her marathon debut in 2009, Mergia finished runner-up in Paris and then won the bronze medal at the IAAF World Championships Marathon. In 2008 she won the silver medal at the IAAF World Championships Half Marathon. She has run under 70:00 eight times in the half marathon distance and holds a personal best of 67:21. In 2017 she made the podium at the Virgin Money London Marathon and followed with an eighth-place finish at the IAAF World Championships Marathon. At Boston last year she was unable to finish the race.

### PERSONAL NOTES:

Mergia grew up in Woliso, Ethiopia, and said she was one of the first from the area to become a professional runner. In 2012 and 2013, she took time off from running to take maternity leave and give birth to her daughter, Sena. Mergia currently trains with her coach, Gemechu Dedefo, in Addis Ababa, Sendafa and Entoto. Her favorite food is Doro Wot and she enjoys traveling to Germany and Dubai.

## MARY NGUGI

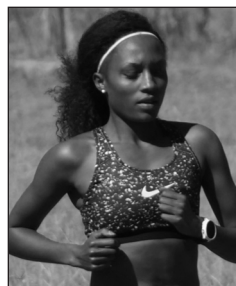
Nyahururu, Kenya

**Bib #F24 NGUGI**

**PRONUNCIATION:** Mar-ee Gu-gi

**BIRTHDATE:** 17 December 1988

**PERSONAL BEST:** Marathon Debut



### CAREER HIGHLIGHTS:

08Jul18	Utica Boilermaker 15K	1st	50:01
24Jun18	B.A.A. 10K	1st	31:55
14Jan18	Houston Half Marathon	3rd	66:50
09Jul17	Utica Boilermaker 15K	1st	49:18
26Feb17	World's Best 10K	1st	31:41
15Jan17	Houston Half Marathon	3rd	68:38
09Oct16	B.A.A. Half Marathon	1st	70:19
26Mar16	Cardiff IAAF World Half Marathon Championships	3rd	67:54
28Feb16	World's Best 10K	1st	31:49
17Jan16	Houston Half Marathon	1st	66:29
11Oct15	B.A.A. Half Marathon	1st	70:21
21Jun15	B.A.A. 10K	1st	32:07
13Jul14	Utica Boilermaker 15K	1st	50:14
29Mar14	Copenhagen IAAF World Half Marathon Championships	2nd	67:44
23Feb14	World's Best 10K	1st	32:06

### CAREER NOTES:

Mary (nee Wacera) Ngugi won the silver medal at the 2014 IAAF World Half Marathon Championships, finishing in 67:44. Two years later, she earned the bronze medal at the 2016 IAAF World Half Marathon Championships. Her top ten times in the half marathon average 68:40.7, with a personal best of 66:29 recorded with a win at the 2016 Houston Half Marathon. Ngugi has won the B.A.A. Half Marathon twice (2015, 2016), the 2018 B.A.A. 10K twice (2015, 2018) and the B.A.A. 5K once (2015). She's a three-time winner of the Utica Boilermaker 15K, with a best of 49:18 and a three-time winner of the World's Best 10K, with a best of 31:41.

### PERSONAL NOTES:

As a junior, Ngugi earned the bronze medal in the 5,000m at the 2006 World Junior Championships and won the 5,000m at the 2007 African Junior Athletics Championships. Ngugi is the widow of 2008 Olympic Marathon champion Samuel Wanjiru and she has a daughter from that marriage named Ann. When not training Ngugi enjoys watching Chelsea, her favorite football team.



## BELAYNESH OIJIRA

Addis Ababa, Ethiopia

**Bib #F8 OIJIRA**

**PRONUNCIATION:** Bell-ay-nesh Ol-jir-ah

**BIRTHDATE:** 26 June 1990

**PERSONAL BEST:** 2:21:53 (Frankfurt, 2018)



### ABBOTT WORLD MARATHON MAJORS:

21Apr14	Boston Marathon	9th	2:24:21
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### ADDITIONAL MARATHONS:

28Oct18	Mainova Frankfurt Marathon	4th	2:21:53
06May18	Volkswagen Prague Marathon	2nd	2:25:13
14Jan18	Chevron Houston Marathon	2nd	2:24:57
25Jan13	Standard Chartered Dubai Marathon	5th	2:25:01

### CAREER NOTES:

Belaynesh Oljira has represented Ethiopia at the Olympics and World Championships with success. At the 2012 London Olympic Games 10,000m, Oljira finished fifth in 20:45.56. At the 2013 IAAF Moscow World Championships 10,000m, she won the bronze medal and at the 2013 IAAF World Cross Country Championships she won the bronze medal. In 2014 Oljira won the bronze medal at the African Athletics Championships 10,000m. In 2013 and 2014 she ran two marathons, including Boston, with solid results but returned to cross country, track and shorter distances from 2014-2017. She won the 2014 and 2015 Bogota 10K, the 2014 Portsmouth Half Marathon, and the 2015 World's Best 10K. Oljira also competed in the Beijing World Championships 10,000m, finishing ninth. Last year she returned to the marathon, placing second in Houston, second in Prague and fourth in Frankfurt with a personal best 2:21:53.

### PERSONAL NOTES:

Oljira made her Boston debut in 2014 and finished ninth in 2:24:21. She was born in western Ethiopia and now trains in Addis Ababa. Her coach is Gemedu Dedefo. Oljira says her favorite places to travel are Paris and Hamburg and her favorite meal is rice and chicken.

# CAROLINE ROTICH

## Nyahururu, Kenya

**Bib #F11 ROTICH**

**PRONUNCIATION:** CAR-oh-line ROW-tish

**BIRTHDATE:** 13 May 1984

**PERSONAL BEST:** 2:23:22 (Chicago, 2012)



### ABBOTT WORLD MARATHON MAJORS:

16Apr18	Boston Marathon	DNF	
17Apr17	Boston Marathon	DNF	
18Apr16	Boston Marathon	DNF	
01Nov15	TCS New York City Marathon	10th	2:33:19
20Apr15	Boston Marathon	1st	2:24:55
23Feb14	Tokyo Marathon	4th	2:24:35
07Oct12	Bank of America Chicago Marathon	4th	2:23:22
16Apr12	Boston Marathon	DNF	
06Nov11	ING New York City Marathon	7th	2:27:06
27Aug11	Daegu IAAF World Championships Marathon	28th	2:37:07
18Apr11	Boston Marathon	4th	2:24:26
07Nov10	ING New York City Marathon	7th	2:29:46

### ADDITIONAL MARATHONS:

15Oct17	Amsterdam Marathon	5th	2:26:26
16Nov14	Yokohama Women's Marathon	4th	2:27:32
12May13	Prague Marathon	1st	2:27:00
06Dec09	Rock 'n' Roll Las Vegas Marathon	1st	2:29:47
29Oct06	Standard Chartered Nairobi Marathon	11th	2:49:47

### CAREER NOTES:

Caroline Rotich, the 2015 Boston Marathon champion, returns to Boston for another attempt at the podium. At the 2015 race, three women pulled away from the lead pack in the final mile: Caroline Rotich, Mare Dibaba and Buzunesh Deba. As Deba faded rounding the historic right on Hereford and left on Boylston, Rotich and Dibaba raced side-by-side down the stretch. Rotich made a final surge and prevailed over Dibaba by four seconds. Rotich says, "My favorite memory is sprinting for victory on Boylston Street. That final 400 meters is the best 400 meters of any marathon in the world. Winning Boston validated years of hard training and racing. That moment was years in the making and remains the most pivotal moment of my career." Rotich is past winner of the Las Vegas and Prague Marathons. She holds a personal best half marathon of 68:52, earned with a win at the 2011 New York City Half Marathon. Rotich returns to Boston to find redemption after three years of not finishing.

### PERSONAL NOTES:

Although she was born in Nyahururu, Kenya, Rotich attended high school in Sendai, Japan. She earned a scholarship to Sendai Ikuei Gakuen, which is the same school that the late World Marathon Majors champion Sammy Wanjiru attended. She is fluent in English, Japanese and Kiswahili. "Running has allowed me to support many family members back home in Kenya," says Rotich. "I have been able to build a house for my family, create a working farm and provide them with security to live a better life." Rotich spends time living in the United States and regularly trains with her coach, Ryan Bolton, in Santa Fe, New Mexico. She loves eating chocolate and her favorite food is chapati.

## BETSY SAINA

Iten, Kenya

**Bib #F10 SAINA**

**PRONUNCIATION:** Bet-see Say-nah

**BIRTHDATE:** 30 June 1988

**PERSONAL BEST:** 2:22:56 (Paris, 2018)



### ABBOTT WORLD MARATHON MAJORS:

05Nov17	TCS New York City Marathon	DNF
26Feb17	Tokyo Marathon	DNF

### ADDITIONAL MARATHONS:

08Apr18	Schneider Elect Paris Marathon	1st	2:22:56
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### CAREER HIGHLIGHTS:

12Aug16	Rio de Janeiro Olympic Games 10,000m	5th	30:07.78
20Mar16	Portland IAAF World Indoor Championships 3,000m	7th	9:01.86
24Aug15	Beijing IAAF World Championships 10,000m	8th	31:51.35
05Jun13	NCAA Championships 10,000m	1st	33:08.85
30Jun12	African Athletics Championships 10,000m	3rd	32:48.36

### CAREER NOTES:

Saina had a tough time transitioning from the track to the marathon in 2017, as she did not finish in Tokyo or New York City. After recovering from some lingering injuries, she proved she can go the distance with a win at the Paris Marathon in 2:22:56. Career highlights include placing fifth at the 2016 Olympic Games 10,000m, eighth at the 2015 IAAF World Championships 10,000m, first at the 2013 NCAA Championships 10,000m, and earning the bronze medal at the 2012 African Championships 10,000m. At the 2016 IAAF World Indoor Championships, she finished seventh in the 3,000m. She was also the 2012 NCAA indoor champion in the 5,000m, and the 2012 NCAA Cross Country champion.

### PERSONAL NOTES:

Saina earned an agriculture and life sciences degree with a focus on nursing from Iowa State University. At the school she was a highly decorated track and field athlete and was an 11-time All American. Formerly with the Bowerman Track Club, Saina recently returned to Kenya to train for the marathon for its "great weather, great training and altitude." She enjoys engaging in social media, relaxing with friends and visiting with her family. She is coached by Renato Canova.

## SARAH SELLERS

Tucson, Arizona, USA



### Bib #F23 SELLERS

**PRONUNCIATION:** Sa-rah Sell-ers

**BIRTHDATE:** 10 July 1991

**PERSONAL BEST:** 2:36:37 (New York City, 2018)

### ABBOTT WORLD MARATHON MAJORS:

04Nov18	TCS New York City Marathon	18th	2:36:37
16Apr18	Boston Marathon	2nd	2:44:04

### ADDITIONAL MARATHONS:

16Sep17	Huntsville Marathon	1st	2:44:27
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### CAREER NOTES:

"The most pivotal moment in my running career was the moment a race official informed me that I had just finished second in the Boston Marathon," says Sellers. "My initial reaction to this information was denial. Placing second wasn't a remote possibility in my world. When I began to come to grips with what had just happened, I felt a mixture of gratitude, shock, and even a little fear. Gratitude to have had my second marathon end so well. Shock that my place was beyond the realm of what I thought was possible. And a bit of fear that this experience was bigger than me and would bring more attention than I had ever asked for." Sellers was the surprise runner-up to Desiree Linden at the 2018 Boston Marathon. When many of the Olympians and World Champions suffered in the freezing rain and driving wind, Sellers prevailed and recorded a then personal best time over the distance. After Boston she ran in New York and finished 18th in an eight-minute improvement to her marathon best. She made her debut with a win at the Huntsville Marathon.

### PERSONAL NOTES:

"The 2018 Boston Marathon was a life changing experience for me," says Sellers. "I can't possibly sum up that experience in a couple sentences, but it completely changed the trajectory of my running career. Coming back to run Boston this year as one of John Hancock's elite athletes is an incredible honor and an opportunity I couldn't have dreamed of last year. The Boston Marathon has always been the most iconic marathon in my mind. It's the pinnacle marathon for both amateurs and elites. Unexpectedly placing second last year catapulted my running career to a new level and solidified Boston as the marathon where anything is possible. Also, I hope to see what the course looks like this year since last year was a bit of a blur!" Sellers attended Weber State University in Utah where she won nine Big Sky Championships and earned 15 Big Sky All-Conference honors. Sellers is a Certified Registered Nurse Anesthetist at Banner University Medical Center. Her husband, Blake Sellers, is an orthopedic surgery resident. She enjoys volunteering with The Church of Jesus Christ of Latter-day Saints. The couple has two border collies, a salt water fish tank, a pair of owl finches, and a boa constrictor. Seller's coach is Paul Pilkington, who also coaches track and cross country at Weber State University.

## **EVA VRABCOVÁ**

**Trutnov, Czech Republic**

**Bib #F15 VRABCOVÁ**

**PRONUNCIATION:** Ee-vah Rab-co-vah

**BIRTHDATE:** 06 February 1986

**PERSONAL BEST:** 2:26:31 (Berlin, 2018) NR



### **ABBOTT WORLD MARATHON MAJORS:**

05Nov17	TCS New York City Marathon	7th	2:29:41
06Aug17	London IAAF World Championships Marathon	14th	2:29:56
14Aug16	Rio de Janeiro Olympic Games Marathon	26th	2:33:51

### **ADDITIONAL MARATHONS:**

12Aug18	European Athletics Championships Marathon	3rd	2:26:31 NR
08May16	Volkswagen Prague Marathon	6th	2:30:10

### **CAREER NOTES:**

Eva Vrabcová set a national marathon record with her bronze medal performance at the 2018 European Athletics Championships Marathon held in Berlin. The time was a three-minute improvement from her 2017 TCS New York City seventh place finish. Vrabcová has represented the Czech Republic in European and global events. In 2016 she placed 15th at the European Cross Country Championships, 26th at the 2016 Olympic Games Marathon and eighth at the European Half Marathon Championships. In 2017 Vrabcová placed 14th at the IAAF World Championships Marathon, and in 2018 along with her bronze medal at the European Athletics Championships Marathon, she was 44th at the IAAF World Half Marathon Championships. She also holds the national record of 71:01 in the half marathon, set at the 2018 Prague Half Marathon.

### **PERSONAL NOTES:**

Vrabcová is a three-time winter Olympian, competing in cross country skiing at the 2006 and 2010 Olympic Games and in cross country skiing (5th, 30K) and skiathlon (11th) at the 2014 Olympic Games. She is married to husband, Martin, and the couple has a Samoyed dog named Bella. Vrabcová likes to cook, bake, walk with her dog, read books, ride horses and cross country ski. Her favorite place to travel is the Canary Islands, Spain.

**BECKY WADE**  
**Boulder, Colorado, USA**

**Bib #F20 WADE**

**PRONUNCIATION:** Beck-key Wade

**BIRTHDATE:** 09 February 1989

**PERSONAL BEST:** 2:30:41 (Sacramento, 2013)



**ABBOTT WORLD MARATHON MAJORS:**

22Apr18	Virgin Money London Marathon	11th	2:35:01
08Oct17	Bank of America Chicago Marathon	10th	2:35:46

**ADDITIONAL MARATHONS:**

15Jan17	Chevron Houston Marathon	3rd	2:35:57
15Mar15	Santa Monica Marathon	8th	2:37:30
08Dec13	California International Marathon	1st	2:30:41

**CAREER NOTES:**

Becky Wade won her marathon debut at the California International Marathon in 2:30:41, a time that remains her personal best. At the 2017 Houston Marathon she finished third, and top American. At the 2017 Bank of America Chicago Marathon, she finished tenth. In 2018 she ran the Virgin Money London Marathon, placing 11th, and represented the United States at the IAAF World Half Marathon Championships. Wade was a four-time All-American at Rice University, focusing on the steeplechase and 10,000m. As a junior runner she won the 2008 U.S. Junior National Championship in the steeplechase.

**PERSONAL NOTES:**

At Rice University, Wade majored in history, psychology and sociology. She spent her first year out of college traveling the world on a Thomas J. Watson Fellowship program to study running in different cultures. In 2016 she published *Run the World: My 3,500-Mile Journey Through Running Cultures Around the Globe*, a book documenting her trip, which included traveling to more than 20 countries, meeting 72 host families and running more than 3,500 miles — while wearing out 11 pairs of running shoes. Wade's interests include piano, coffee, live music, crafting and cooking.