



DAWN GRUNNAGLE

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Nike Sponsored Athlete
 UCAN & CryoUSA Athlete
 Coach: Dathan Ritzenhein
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PR's

600m ind:	1:34.13	Albuquerque, NM Jan 2012
800m:	2:06.45	Texas Relays 2000
1500m:	4:15.25	Victoria (CAN) June 2012
3000m:	9:33	Penn Relays 3K Championships 1999
5K (track):	16:30	Burnaby (CAN) June 2011
5K (road):	16:33	Dallas Defenders 5K March 2013
10K (road):	34:50	All America City 10K 2015
Half Marathon:	1:14:56	Garry Bjorkland Half Marathon, Duluth, MN June 2014
Marathon:	2:35:42	2017 California International Marathon, USATF Marathon Championships

Recent Competitions:

 2017 California International Marathon - USATF Marathon Champs- 10 th Place Overall	 2017 California International Marathon- USATF Masters National Champion, "A" Standard 2020 Olympic Trials Qualifier
 2017 Tokyo Marathon -12 th Place Overall & 2 nd American	2017 RRCA Half Marathon <i>Champion</i> , 2017 Global Energy 10K <i>Champion</i>
2017 DRC Half Marathon <i>Champion</i>	 2016 U.S. Marathon Olympic Team Trials Qualifier
 2016 TCS NYC Marathon- 12 th American & 22 nd Place Overall	2015 Dallas 1/2 Marathon - <i>Champion</i>
2012 Olympic Trials Qualifier ~1500 meters	 2012 US Indoor National Qualifier ~ 800 meters

About Me:

Program Founder of SpeedKIDZ and SpeedKIDZ ELITE. SpeedKIDZ provides professional running instruction to young athlete's ages 4-18 years old. Individual coaching, running camps/clinics that focus on speed, agility, running efficiently and developing correct running form. SpeedKIDZ ELITE is a youth team with a vision of developing the overall athlete through academics, leadership, team training and community service. 3rd/4th grade teacher for 10 years.
www.speedkidz.com



