



**Elite Runners 2022**  
**Beat the Heat - NC USATF 5K CHAMPIONSHIP**



Women

Emily Akin (Winston Salem; Age 22; Bib 35) - 1st Time Beat the Heat Participant

Graduated: Miami University, 2021

PRs: 5k 17:02 Stanford 5k

Andie Cozzarelli (Raleigh; Age 31; Bib 4) - 6th Time Beat the Heat Participant

Graduated: NC State University, 2013; Representing: Runologie Track Club; Coached by Becki Spellman; 2016 Olympic Marathon Trials Qualifier; 2 x 10K All-American

PRs: Marathon, 2:38:47 1st Place Indy Monumental Marathon (2016); Half Marathon, 1:12:50 (2015); Road 10K, 34:39 (2016); Road 5k, 16:53 (2015)

Gabriella DeLay (Winston Salem; Age 31; Bib 10) - 1st Time Beat the Heat Participant

Graduated: Rice University, 2014; Coached by David Duggan

PRs: Marathon, 2:39:39 (2022); Half Marathon 1:17:59 4th Female Shamrock Anthem Half Marathon (2022); 5k, 17:31 (2022)

Anna Edwards (Advance; Age 14; Bib 27) - 3rd Time Beat the Heat Participant

Student at Calvary Day School, Class of 2028; Representing Team Homestretch; Coached by Sam Lloyd-Perks

PRs: 1 mi, 5:15:55 (2022), 5k, 18:35 (2021), 10k, 29:23 (2022)

Ryen Frazier (Raleigh; Age 25; Bib 8) - 2nd Time Beat the Heat Participant

Graduated: NC State University, 2019

PRs: 5k, 16:02 (2017); 3K, 9:17 (2018); Mile, 4:38 (2015)

Cassidy Heaton (Durham; Age 27; Bib 25) - 1st Time Beat the Heat Participant

Representing: Railroad Athletics; Coached by Hayden Cox; First Female and Course Record Holder at Smoky Mountain Half Marathon

PRs: Marathon, First Overall, Emerald Isle Marathon, 2:51:33 (2021), Half Marathon, 1:21:37 (2021); 8k, 28:11 First Female Running of the Bulls 8k (2022)

Kimberlie Meeker (Raleigh; Age 41; Bib 21) - 2nd Time Beat the Heat Participant

PRs: Marathon, 2:46:37 13th American female in the Boston Marathon (2013), 5k, 18:30 (2021)

Paula Pridgen (Charlotte; Age 36; Bib 6) - 3rd Time Beat the Heat Participant

Graduated: UNC Chapel Hill, 2008, 2009; Representing: Charlotte Running Club

PRs: Marathon, 2:39:34 (2021); Half Marathon, 1:17:13 1st Place Female Wilmington Half Marathon (2021) 5k: 17:00 (2019, NC USATF 5k Championship)

**Ana Reutinger (Winston Salem; Age 49; Bib 15) - 5th Time Beat the Heat Participant**

PRs: 5k, 21:30 (2021)

**Kate Sanborn (Raleigh; Age 24; Bib 2) - 3rd Time Beat the Heat Participant**

Graduated: NC State University, 2020, 2022; Representing: Tracksmith and Runologie Track Club; Coached by Ryan Warrenburg (ON ZAP)

PRs: Marathon, 2:33:37 11th Female Houston Marathon (2022), Half Marathon, 1:13:29 Shamrock Anthem Half Marathon (2022); 5k, 16:42 (2020)

**Mary Szymkowski (Durham; Age 59; Bib 37) - 5th Time Beat the Heat Participant**

**Lauren Westog (Charlotte; Age 26; Bib 13) - 1st Time Beat the Heat Participant**

Graduated: University of Georgia, 2018

PRs: 5k, 17:43 (2017); 1600m, 5:05 (2014); Half Marathon, 1:23:32 (2022)

**Men**

**Travis Booker (Midlothian, VA; Age 37; Bib 30) - 1st Time Beat the Heat Participant**

Graduated: Longwood University, 2008

Representing Team Homestretch PRs: 5k, 16:50 (2021)

**Michael Bulleri (Chapel Hill; Age 44; Bib 29) - 1st Time Beat the Heat Participant**

**Evan Bush (Charlotte; Age 24; Bib 28) - 2nd Time Beat the Heat Participant**

Graduated: The College of New Jersey, 2020; Representing: Charlotte Running Club

PRs: 5k, 15:18

**Ezequiel Canas-Peralta ( Mooresville; Age 17; Bib 32) - 1st Time Beat the Heat Participant**

PRs: 5k, 17:56

**Donnie Cowart (Winston Salem; Age 36; Bib 1) - 8th Time Beat the Heat Participant**

Graduated: Virginia Military Institute, 2008; Representing: Crazy Running; Division 1 All-American, 2009, 3,000m Steeplechase; Pan-American Gold Medalist Cross Country 10k, 2016

PRs: 5k, 14:05 (2022); 8k, 22:56 (2011); Half Marathon, 1:04:41 US Half Marathon Champs (2021); Marathon, 2:17:23 (2021); Mile, 3:58 (2014)

**Mitchell Germann (Raleigh; Age 26; Bib 7) - 1st Time Beat the Heat Participant**

Graduated: University of Texas

PRs: Half Marathon, 1:09:05 (2021)

Brandon Harris (Thomasville; Age 35; Bib 36) - **1st Time Beat the Heat Participant**

PRs: 5k 16:50

Brandon Hudgins (Jamestown; Age 35; Bib 9) - **4th Time Beat the Heat Participant**

Representing: High Point Athletic Club

PRs: 5k, 14:37, 2nd Male Rotary Club of Kernersville 4th of July (2021)

Matthew Jordan-Steele (Durham; Age 28; Bib 24) - **3rd Time Beat the Heat Participant**

PRs: 5k, 16:30 (2021)

Benjamin Kassel (Davidson; Age 40; Bib 23) - **2nd Time Beat the Heat Participant**

Representing: Twin City Track Club; Coached by Jay Bawcom

PRs: 5k, 15:41 (2020); 10k, 32:44 (2021); Half Marathon, 1:13:50 (2022); Marathon, 2:29:01 (2020)

Clark Kremar (Mooresville; Age 17; Bib 33) - **1st Time Beat the Heat Participant**

PRs: 5k, 16:39

Michael Martinez (Mooresville; Age 17; Bib 33) - **2nd Time Beat the Heat Participant**

PRs: 5k, 17:03

Caleb Masland (Boone; Age 42; Bib 22) - **3rd Time Beat the Heat Participant**

PRs: 5k 16:45, USATF Masters 5k Champs, Atlanta

Matthew McClintock (Boone; Age 28; Bib 5) - **1st Time Beat the Heat Participant**

Graduated: Purdue University, 2016; Representing: McKirdy Trained; Coached by James McKirdy

2x Big Ten Conference Champion; 3x All-American; 6x USATF Championship top 10

PRs: 5k, 13:47 (2019); 10k, 28:13 (2021); Half Marathon, 62:34 (2018)

George Oliver (Winston Salem; Age 29; Bib 19) - **4th Time Beat the Heat Participant**

Graduated: Cornell, 2016

PRs: The friends made along the way!

Tyler Pennel (Blowing Rock; Age 34; Bib 3) - **2nd Time Beat the Heat Participant**

Graduated: Western State College of Colorado, 2012; Representing: ON ZAP

Endurance; NCAA Division II 10,000m title holder; 2014 US National Team qualifier in the Half Marathon Championships; 4th Place Finish at the 2018 Boston Marathon

Justin Pfruender (Winston Salem; Age 42; Bib 18) - **8th Time Beat the Heat Participant**

Graduated: Calvin College, 2002; Representing: Twin City Track Club; Coach by Donnie Cowart; 6x All American Cross Country/Track & Field

Masters PRs: 5k, 16:30| Half Marathon, 1:14; Marathon, 2:34 3rd place Wilmington Marathon (2022)

**Luke Prothero (Charlotte; Age 25; Bib 17) - 2nd Time Beat the Heat Participant**

PRs: 5k, 15:46 (2021)

**James Randolph (Charlotte; Age 25; Bib 16) - 1st Time Beat the Heat Participant**

PRs: 5k, 16:35 (2021)

**Sandy Roberts (Raleigh; Age 34; Bib 31) - 1st Time Beat the Heat Participant**

PRs: 5k, 15:43

**Matt Shock (Boone; Age 40; Bib 14) - 1st Time Beat the Heat Participant**

PRs: 5k, 15:16 (2021)

**Eric Westog (Charlotte; Age 27; Bib 12) - 1st Time Beat the Heat Participant**

Graduated: University of Georgia, 2018; 7th place in the SEC, 2018 SEC Indoor Championships; Texas Relays 5k Winner, 2018

PRs: 5k, 14:19 (2018); 10k, 30:21 (2018); Half Marathon, 1:05:58 (2022)

**Joe Whalley (Brevard; Age 23; Bib 11) - 1st Time Beat the Heat Participant**

Representing: Railroad Athletics

PRs: 5k, 16:50