



ELITE WOMEN 2023

BIB	NAME	RESIDENCE	NOTABLE
4	Ryen FRAZIER	Raleigh	N.C. State (undergraduate, 2019; graduate, 2022; Ph.D., 2024) 16:02 Raleigh Relays 5K (2018) 4:38 Prefontaine Classic Mile (2015) 9:17 Iowa State 3K (2018)
6	Elizabeth LASETER	Charlotte	Johns Hopkins University (2011) 16:48, Carlsbad 5000, April 2023 35:40, Austin Sunshine Run 10K, May 2022 1:18:04, 3M Half Marathon, January 2023 2:48:46, California International Marathon, December 2022 6:03:75, Beer Mile World Classic champion, July 2023
8	Isabel ZIMMERMANN	Raleigh	Grew up in Clemmons, Reagan High School alumna N.C. State (2022), Meredith College (2024) 9:43 Camel City Invitational 3,000, 2019 16:36 Iowa State Classic 5K, 2019 35:06 ACC Outdoor Championships 10K, 2021 1:21:45, Greensboro Half Marathon, 2021 3:04:30, New York City Marathon, 2022
10	Lauren URSERY	Chapel Hill	Wingate University (2021) 17:09, Bryan Clay Invitational 5K, April 2023 35:37, Mt. SAC Relays, April 2023 9:56, Camel City Invitational 3,000, February 2023 5:01, COROS Collegiate Challenge mile, January 2023 Champion in South Atlantic Conference indoor 3,000, runner-up in SAC outdoor 5,000, both in 2023
12	Gabriella DeLAY	Winston-Salem	Rice University (2014) 2:39:39, Grandma's Marathon (2022) 58:00, Broad Street 10 Miles (2023) 17:30, Beat the Heat 5K (2022) \$5 5K winner (18:04.34), July 11
14	Adriana PIEKAREWICZ	Winston-Salem	Coached by Donnie Cowart Duke University (2011) 2:44:55 marathon (2020) 1:20:20 half marathon 2020 Olympic Trials qualifier in marathon

* Masters Division

** Masters Division and running in the regular BTH 5K at 6:30pm



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BIB	NAME	RESIDENCE	NOTABLE
16	Alyssa VASSALLO	Durham	16:58, 5K cross country (2013) 29:01, 8K (2021) 1:19, half marathon Two-time All-America, National Intercollegiate Running Club Association, at North Carolina
18	Kara STARK	Durham	Butler University (2020) 17:33, Duke Invitational (April 2023)
20	Anna EDWARDS	Advance	15 years old, youngest entry in either elite field Coached by Brandon Hudgins Rising sophomore at Calvary Day School Third Beat the Heat 5K elite race 5K PR is 18:19 5:06 1,600 10:54 3,200
22	Kimberlie MEEKER*	Raleigh	18:25 Beat the Heat 2022 17:54 Selma Railroad Run 2022 USATF N.C. Masters 5K champion, 2022
24	Tracie RODRIGUEZ*	Raleigh	18:28 Last Mile 5K
26	Lacie GRADY	Pawleys Island, SC	19:47 Warrior Invitational
28	Ana REUTINGER**	Clemmons	21:49 St Leo's 5K 2017 and 2018 Beat the Heat 5K winner
30	Mary SZYMKOWSKI**	Durham	High Point Athletic Club Degrees from Northwestern, North Carolina and N.C. State but was not a college athlete

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1	Donnie COWART	Winston- Salem	Six-time Beat the Heat 5K elite race winner Has won last four in-person BTH elite races 1:50.29 800 meters 3:41.73 1,500 meters 3:58:43 Mile 8:23.38 3,000 meters steeplechase 8:01.17 3K 13:40.84 5K (N.C. USATF record) 22:56.2 (r) 8K 2:17:37 marathon NCAA Division I All-America Eight-time USA championships qualifier Two-time Olympic trials qualifier
3	Benjamin MITCHELL	Winston- Salem	Crazy Running, coached by Donnie Cowart Wake Forest University runner and graduate 13:57 5K, Boston University Open (December 2022) All-ACC 2020
5	Dylan CHRISTOPHER	Fletcher	UNCG (2022) 29:54 10K 14:25 5K 2022 and 2023 Southern Conference 10K champion
7	Chris MAXON	Thomasville	High Point Athletic Club, coached by Brandon Hudgins 28:55 10,000 meters Stanford Invitational 11-time NAIA All-America at Indiana Wesleyan No. 2 in University of Mississippi history, 10,000 meters
11	Caleb BAYNE	Clemmons	High Point University (class of 2025) 2021 N.C. Independent Schools Athletic Association Class state champion, Westchester Country Day School, in 800, 1,600 and 4x800 relay
13	Jordan SCHILIT	Charlotte	15:22 TCS Toronto Marathon Weekend 5K (October 2022)
15	Dan KERR	Charlotte	
17	Matt SHOCK*	Boone	15:16, Myrtle Beach 5K (May 2021) 32:34, Cooper River Bridge Run 10K (April 2022) 52:58, Broad Street 10 Mile (May 2022)
19	Mitchell GERMANN	Raleigh	University of Texas (2018) 1:06:53 Greenville Half Marathon (February 2023) 2:24:15 Eugene Marathon (April 2023)

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BIB	NAME	RESIDENCE	NOTABLE
21	Benjamin KASSEL*	Davidson	Twin City Track Club 15:41, 5K, 2020 32:44, 10K, 2021 USATF N.C. Masters 5K champion, 2022 \$5 5K July winner (17:02:71), July 11
23	David HERNANDEZ	Greensboro	15:48 5K (April 2023) New Mexico Junior College (May 2023)
25	James RANDOLPH	Charlotte	2:38:45 Boston Marathon (April 2023) 1:13:49 Tobacco Road Half Marathon (March 2023) 15:50 5K, Concord Santa Scramble (November 2022)
27	Michael KOBALLA	Summerfield	Buffalo Creek Running Club, Greensboro 15:53 5K, PTI (2023) 2022 Beat the Heat 5K winner
29	William HAMILTON	Lewisville	Montreat College 15:07.92 5,000 meters (April 2022) 2021 Beat the Heat 5K winner
31	Noah ALLISON	Marshall	15:07 5K, March 2019 Favorite workout: 400-meter repeats
32	Justin PFRUENDER*	Winston-Salem	Twin City Track Club, coached by Donnie Cowart 2:33 Bayshore Marathon (2023) Six-time NCAA Division III All-American in track and cross country
33	Mo ORDONEZ	Harrells	16:11 5K (Yellow Jacket Winter Invite 5K (2022)) 1:11 Wilmington Half Marathon 2:45 Wilmington Marathon (2017)
34	Caleb MASLAND*	Boone	2:28:05 Marathon Houston (2019) 1:10:57 Half marathon, Houston (2015) Five-time Grandfather Mountain Marathon champion
35	Matthew JORDAN- STEELE	Durham	16:52 Beat the Heat 5K (2022)
36	Benjamin BAXTER	Greensboro	16:07 5K (2015, before comeback) 16:54 5K (July 4 but but plan on crushing that Saturday) "USA socks and USA headband. I am 1776."
37	Aidan REYNA	Thomasville	Montreat College (2024) 15:27 indoor 5K 4:29 mile
38	Kyle WINDLAND	Durham	2:57:09 marathon (October 2022) 1:23:20 half marathon (February 2023) 16:49 5K (June 2023) 4:40.27 mile (July 2023)

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39	Gray BLOUNT	Greenville, SC	17:09 GTC Red White and Blue Shoes 5K (2023)
40	Isaac REYNA	Thomasville	Lees-McRae College (2026) 15:35 5K 26:07 8K
41	Ryan WILSON	Chapel Hill	Runologie Run Club 17:46 5K (May 2023)

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