

RITZENHEIN, FOLLETT LEAD APPLIED MATERIALS SILICON VALLEY TURKEY TROT 5-K FIELDS

Dathan Ritzenhein and Katie Follett lead the elite fields for Thursday's Applied Materials Silicon Valley Turkey Trot 5-K in San Jose, Calif., organizers announced over the weekend.

Ritzenhein, 28, who lives in Beaverton, Ore., and trains under Alberto Salazar, will be using this race to test his fitness in advance of January's USA Olympic Marathon Trials in Houston. He told Race Results Weekly via text message last Saturday that this would be his last race before the Trials.

"I am running the San Jose 5-K this week, but that is it," he said.

The 2009 World Half-Marathon Championships bronze medalist and an Olympic marathoner, Ritzenhein also has excellent 5000m speed. His 5000m personal best of 12:56.27 was once the USA record.

The event's elite athlete coordinator Mark Winitz reports that Ritzenhein will face Aaron Braun, most recently second at the NYRR Dash to the Finish Line 5-K in New York City, and collegian Diego Estrada (Northern Arizona University) who will be running his first race as an American citizen (see above). Mexican born, Estrada received his USA citizenship on 18-Nov-2011. Kenya's Stephen Sambu, this year's NCAA 10,000m third-placer, is also likely to contend.

Follett, 23, finished 8th in the 1500m at the USA Outdoor Championships last June. The former University of Washington star will face two other former NCAA stand-outs: Kellyn Johnson (Wichita State) and Jackie Areson (Tennessee).

These are the top entrants, by bib number:

MEN -

#1 Dathan Ritzenhein USA/OR 28 Nike 12:56.27 ('09), 2004 and 2008 Olympian

#3 Aaron Braun USA/AZ 24 McMillan Elite 13:27 ('11)

#5 Diego Estrada USA on 11/18/11 21 Northern Arizona Univ. 13:26 (track, '11)

#7 David McNeill Australia 25 Old Xaverians AC 13:25.63 ('10), 2110 NCAA 5000m champion

#9 Monder Rizki Belgium 32 — 13:04.06 (track), 2004 and 2008 Olympian

- #11 Michael Coe USA/CA 23 Unatt 13:48.64 (track, '10), 3:56 mile
'(09)
- #15 Phillip Reid USA/CA 25 Asics Aggies 13:39.67 (track, '11)
- #17 Stephen Sambu Kenya 23 U. of Arizona (redshirt) 13:28
(indoors), 27:28.64 (track, '11), 3rd '11 NCAA Champs 10K
- #19 Scott Smith USA/AZ 25 McMillan Elite 13:56 ('10))
- #21 Carlos Trujillo USA/ID 26 adidas 28:46 (10,000m), 1:03:56 (1/2
marathon)
- #23 Yosef Ghebray USA/IN 24 Team Indiana Elite 13:44.75 (track,
'09))
- #25 Giliat Ghebray USA/CA 27 Adidas Transports 13:42.16 (track, '07)

WOMEN -

- #2 Katie Follett USA/WA 23 Brooks 15:37.84 (track, '11))
- #4 Kellyn Johnson USA/AZ 25 McMillan Elite 15:45 ('11)
- #6 Jackie Areson USA/OR 23 Nike 15:51.56 track, '10)
- #8 Aziza Aliyu Ethiopia 26 West Side Runners 15:41.01 ('04), 2:36:55
(marathon, '11)
- #10 Sara Vaughn USA/OR 25 adidas 4:08.74 (1,500m track, '11)
- #12 Risper Gesabwa Kenya 23 Unatt 32:35 (10K track , '11)
- #14 Teresa McWalters USA/CA/MA 26 Impala Racing Team 15:49
'08)
- #16 Annie Bersagel USA/CA 28 New Balance SV 15:50.59 (track, '10)
- #20 Tanya Zeferjahn USA/OR 27 Bowerman AC 16:03.51 (track, '10)
- #22 Stephanie Pancoast USA/CA 23 New Balance SV 16:45.96 (track,
'11)

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