

## USATF PACIFIC ASSOCIATION

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### Golden Gate Park Polo Fields:

#### **3X OLYMPIAN RHINES & 2X OLYMPIAN SYMMONDS HEADLINE USATF CROSS COUNTRY CHMPS SAT.**

SAN FRANCISCO -- Three-time Olympian Jen Rhines and two-time Olympian Nick Symmonds are among the top entries for USA Track & Field's National Club Cross Country Championships Saturday at San Francisco's Golden Gate Park in the Polo Fields area. There will be six races, from 9 a.m. to 1:15 p.m. USATF's Pacific Association is hosting the event.

Rhines will headline the 6 kilometer women's open championship race at 11:45 a.m., while Symmonds is in the men's open 10K "A" race at 12:30 p.m.

**Rhines** represents the Boston Athletic Association and competed in the 2000, 2004, and 2008 Olympic Games. Earlier this year she represented the USA at the IAAF World Cross Country Championships – for the fifth time. She trains here in California at Mammoth Lakes.

**Symmonds** ran the 800 meters for the USA at the 2008 and 2012 Olympic Games. The *current* – and six-time -- USATF 800 meter outdoor champion is a serious contender for another Olympic berth in 2016. The Boise, Idaho, native won seven NCAA Division III titles at Willamette University and currently resides in Springfield, Ore. He is competing for the BROOKS Beasts Track Club at the championships.

The BROOKS Beasts TC has three of the top women's entrants: Gabriele Grunewald, Katie Mackey, and Jessica Tonn. Other top men's entrants include Brooks runners Garrett Heath (a Stanford grad) and Riley Masters; also Phillip Reid of the Asics Aggie Running Club and Trevor Dunbar of Nike and the Skinny Raven Running Club.

The race starting lines are at Hellman Hollow, just to the east of the polo fields. Finish lines are on the south side of the polo fields.

For course maps, see:

<https://www.pausatf.org/cross-country/2015-usatf-national-club-cross-country-championships/2015-club-xc-championships-maps/>

#### **Saturday, Dec. 12, Championship race schedule, Golden Gate Park:**

9 a.m. – Master's Women 6 km.

9:45 a.m. – Masters Men (age 60+) 8 km.

10:45 a.m. – Masters Men 10 km.

**11:45 a.m. – Open Women 6 km.**

**12:30 p.m. – Open Men 10 km (A race)**

1:15 p.m. – Open Men 10 km (B race)

Events also include sponsor expo and food truck fest, southwest parking lot.-----

--Post meet events at Galileo Academy of Sciences and Technology, campus gym (enter on Polk St. between North Point & Bay):

4 – 5:15 p.m., High school / youth focused Q&A, campus gym.

4:45 – 5:30 p.m. – Post event appetizers, gym mezzanine

5:30 p.m. – Award ceremony, campus gym.

**Championship Meet Headquarters: Sheraton Hotel Fisherman's Wharf**, where many athletes are staying.

**Friday, Dec. 11, at Sheraton:** 12 noon – 7 p.m. -- athlete packet pick-up.

**5:45 – 6:55 p.m., session: "It's all about Cross Country"** – Guest speakers: coach Joe Vigil, PhD, and sports psychologist JoAnn Dahlkoetter, PhD. (They will ALSO participate in high school / youth Q&A on Saturday. See above.)

7 p.m. – Technical Meeting.

The local organizing committee chair is USATF PA vice-president Irene Herman. USATF president Dave Shrock is the Expo Director. John Rembao is race director. Al Hernandez is the technical director. Tim Wason is the park liaison. Mike Scott represents USATF as cross country chair. .

**ATHLETE BIOS (from usatf.org):**

## Jen Rhines

**Event:** Distance

**Height:** 5-3

**Weight:** 105

**PR:** 1,500m - 4:09.52 (2007); 3,000m - 8:35.03 (2007); 5,000m – 14:54.29 (2008); 10,000m - 31:17.31 (2007); Half marathon - 1:11:14 (2011); Marathon – 2:29:32 (2006)

**Born:** 07/01/1974

**Current Residence:** Mammoth Lakes, Calif.

**Hometown:** Liverpool, N.Y.

**High School:** Liverpool HS (NY) '92

**College:** Villanova '96

**Coach:** Terence Mahon

**Agent:** Ray Flynn

**Sponsor:** adidas

**Club:** Boston Athletic Association

**Bio:**

### **USA Championships**

Two-time USA Outdoor 5,000m runner-up – 2007 (15:08.53); 2009 (15:26.92)

2008 Olympic Trials runner-up, 5,000m (15:02.02)

Third at 2005 USA Outdoor Championships, 10,000m (31:37.20)

Third at 2004 Olympic Trials, marathon (2:29:57)

2002 USA Outdoors champion, 10,000m (31:57.38)

2001 Two-time USA Outdoor Championships 10,000m runner-up – 2000 (31:58.34); 2001 (32:20.03)

2000 Olympic Trials runner-up, 10km

### **International Championships**

2002 World Cross Country 8km Championships team silver medalist (12th-27:43)

**Collegiate Championships:** Three-time NCAA 5,000m Outdoor champion – 1994; 1995; 1996

1995 NCAA Indoor 5,000m champion

1994 NCAA Cross Country champion

**Awards and Honors:** 2004 and 2008 Olympian

**About Jen:** Rhines continues to be one of the most versatile distance runners on the U.S. with national titles on the track and the roads and Olympic appearances at three different distances (5,000m, 10,000m and marathon). A college star while at Villanova, Rhines came into her own on the elite track scene when she placed 2nd in the 10,000m at the 2000 Olympic Trials, using an impressive kick to make the Olympic Team. The daughter of two recreational runners, Rhines started her own career in the eighth grade as a sprinter: 'I just kept moving up every year.' She won two state 1500m titles as a prep while bringing home a triple crown in 1994-95, with NCAA titles in cross country, indoor and outdoor track. Earned her degree in civil engineering at Villanova. Rhines married distance runner and current coach Terrance Mahon on November 20, 1998.

### **Events & Rankings: Other Results**

**2012:** 64th at U.S. Olympic Marathon Trials (2:43:35); 6th at USA 10 km road champs (32:52); limited competition due to injury

**2011:** 9<sup>th</sup> at World Outdoors (31:47.59); 3rd at USA Outdoors in 10,000m (31:30.37); 1st at USA 15 km (49:31); 1st at USA Half Marathon (1:11:14).

**2010:** 4th at USA Outdoors in 5,000m (15:35.71); 8th at Stockholm (15:50.55); 5th at Hamilton Invite in 3,000m (9:09.46); 2nd at USA 15 km (50:27); 2nd at USA 10 km (32:16 PR).

**2009:** 9th at World Champs (15:11.63); USA Outdoor runner-up (15:26.92); 5th at adidas Track Classic (15:36.09); 5th at Reebok Grand Prix (15:32.39); 8th in 2,000m at Nike Prefontaine Classic (5:51.59).

**2008:** 14th in 5,000m at Olympic Games (16:34.63), 6th in heats (15:15.12); 2nd at Olympic Trials in 5,000m

(15:02.02); 5th at Bislett Games Oslo (14:54.29); 5th at DKB-ISTAF Berlin (15:09.40); 3rd at adidas Track Classic (8:56.26); 1st at Palo Alto (31:30.31); 8th in heats at World Indoors (9:03.66); USA Indoor runner-up (8:59.98).  
**2007:** USA Outdoor 5,000m runner-up (15:08.53); 7th at World Outdoors (15:03.09); 1st in 10,000m at Payton Jordan Cardinal Invitational (31:17.31PR); 8th in 1,500m at adidas Track Classic (4:09.52PR); 4th in 5,000m at Rome (14:58.51); 2nd in 3,000m at Monaco (8:35.03PR); 4th in 5,000m at Stockholm (15:12.64).  
**2006:** 5th in 5,000m at USA Outdoors (15:29.51); 10th in 3,000m at Lucerne (9:09.30); 8th in 5,000m at Brussels (14:55.18); 12th in 5,000m at Rome (15:05.24); 10th in 5,000m at Zurich (15:10.65); 4th in 10,000m at Helsinki (31:24.16); 4th in Rome marathon (2:29:32); 7th in Tokyo marathon (2:35:37).  
**2005:** 3rd in 10,000m at USA Outdoor Champs (31:37.20); 16th at World Outdoor Championships (31:26.66); 5th in 3,000m at the Reebok Grand Prix (8:56.07); 1st at USA 15 km champs (49:21); 8th in 5,000m at Stockholm (15:12.89); 2nd at Boston marathon (1:12.56); 18th in ING NYC marathon (2:37:07).  
**2004:** 3rd at USA Marathon Olympic Trials (2:29:57); 34th at the Olympic Games (2:43:52); 5th in 5,000m at Olympic Trials (15:19.15).  
**2003:** 5th at USA Cross Country Champs 8km (30:29); 3rd at USA Half-Marathon Championships (1:11:59); 3rd in 3,000m at Brunswick (9:06.77).  
**2002:** USA 10,000m champ (31:57.38); 4th at Winter XC Champs 8km (27:04); won team silver medal at World Cross Country Champs (12th-27:43); 3rd in Palo Alto (31:41.16); 7th at Stockholm 5,000m (15:13.44).  
**2001:** 2nd at USA Outdoor 10,000m (32:20.03); 2nd at USA XC Champs 8km (26:43.80); 27th at World XC Champs 8km (30:03); 6th in 3,000m at Prefontaine Classic (9:01.30).  
**2000:** 2nd at Olympic trials in a PR 31:58.34; 16th in her first round heat at Olympic Games (34:08.28).  
**1999:** 4th in 10,000m at USA Outdoors (32:29.67).  
**1998:** Won USA 15km Champs (51:00); 2nd in 5,000m (15:38.82) at adidas/Oregon Classic; 2nd in 10,000m (34:10.31) at USA Champs; won 5,000m (15:26.88 PR) at McGill International; 5th in 10,000m (33:44.19) at Goodwill Games.  
**1997:** 5th in 10,000m (33:17.26) at USA Outdoors; 8th in USA 10km Road Champs (34:04).  
**1996:** Won 3,000m (9:13.48) and 5,000m (16:19.05) at Big East Indoor; 3rd in 5,000m (16:00.39) at NCAA Indoor; won Big East 5,000m (16:25.31), 2nd in 3,000m (9:24.76); won NCAA 5,000m (16:05.85); 12th in 10,000m (33:58.71) at Olympic Trials; 14th in USA XC Champs.  
**1995:** Won NCAA 5,000m (15:56.18); 10th in 5,000m (15:57.78) at USA Outdoors; won 5,000m at NCAA Indoor (15:41.12 PR, MR); anchored distance medley win (4:42.7 for 11:11.98); won 5,000m (16:07.40), 2nd in 3,000m (9:31.78) in Big East Indoor; won mile at ECAC Indoor (4:45.62); won Big East 5,000m (16:21.62), 2nd in 3,000m (9:23.34); won ECAC 3,000m (9:06.66); 3rd in NCAA XC.  
**1994:** Won 5,000m (16:21.60) at NCAA; 2nd in 5,000m (16:04.02) at USA Outdoors; won NCAA XC; won 3,000m (9:25.29) and 5,000m (16:02.67) at Big East Indoor; 3rd in 5,000m (16:54.39, lap long) at NCAA Indoor; won 5,000m (16:22.28), 2nd in 3,000m (9:23.32) at Big East; won ECAC 3,000m (9:10.01).  
**1993:** 2nd in UNC Twilight 3,000m (9:41.81 PR); 7th in Big East 5,000m; 2nd in NCAA XC.

### **USA/World Rankings and Personal Bests**

**2011:** Outdoor bests – 1,500m, 4:19.83; 5,000m, 15:10.44 (No. 5 in the USA, No. 32 in the world); 10,000m, 31:30.37 (No. 4 in the USA, No. 20 in the world); 5km road, 15:37; 15km road, 49:31 (No. 1 in the USA, No. 48 in the world); half marathon, 1:11.14 (No. 6 in the USA)

**2010:** Indoor bests – 3,000m, 8:58.47; Outdoor bests – 800m, 2:12.66; 1,500m, 4:26.94; 3,000m, 9:09.46 (No. 8 in the USA); 5,000m, 15:22.05 (No. 7 in the USA); 10km road, 32:16 (No. 2 in the USA); 15km road, 50:27; 10 miles road, 55:41; half marathon, 1:14:57

**2009:** Indoor bests – 1,500m, 4:22.16; 3,000m, 9:11.19 (No. 15 in the USA); 5,000m, 15:27.87 (No. 2 in the USA, No. 6 in the world); Outdoor bests – 800m, 2:07.62; 1,500m, 4:15.43; 2,000m, 5:51.69 (No. 3 in the USA, No. 19 in the world); 3,000m, 9:02.08 (No. 1 in the USA, No. 45 in the world); 5,000m, 15:07.78 (No. 2 in the USA, No. 26 in the world); 5km road, 15:31

## **Nick Symmonds**

**Event:** 800m

**Height:** 5-10

**Weight:** 165

**PR:** 800m - 1:42.95 (2012); mile - 3:56.72i (2007); 1,500m - 3:36.04 (2012)

**Born:** 12/30/1983

**Current Residence:** Springfield, Ore.

**Hometown:** Boise, Idaho

**High School:** Bishop Kelly (Boise, Idaho) H. S. '02

**College:** Williamette University '06

**Coach:** Danny Mackey

**Agent:** Chris Layne  
**Sponsor:** Brooks  
**Club:** BROOKS Beasts TC

**Bio:**

**USATF Championships**

Six-time USATF Outdoor champion – 2008 (1:44.10); 2009 (1:45.86); 2010 (1:45.98); 2011 (1:44.17); 2012 (1:43.92); 2015 (1:44.53)  
2007 USATF Indoor champion (1:48.73)  
2008 USATF Indoor runner-up (1:46.96)  
Three-time USATF Outdoor runner-up - 2006 (1:45.83); 2007 (1:45.17); 2013 (1:43.70)  
2014 USATF Indoor bronze medalist (1:48.48)

**Collegiate Championships**

Four-time NCAA Division III Outdoor 800m champion - 2003 (1:49.51); 2004 (1:50.87); 2005 (1:49.87); 2006 (1:49.59)  
Three-time NCAA Division III Outdoor 1500m champion - 2003 (3:46.66); 2005 (3:54.20); 2006 (3:40.91)

**Awards and Honors**

NCAA Division III national record holder  
2005 NCAA Division III Track and Field Male Athlete of the Year

**About Nick:** Since 2006 Symmonds has either won (2008-2012) or finished as runner-up (2006-2007, 2013) in the 800m at the USA Outdoor Championships. In 2012 he reached new heights in placing fifth in the Olympic Games final in a new personal best time of 1:42.95. Along with teammate Duane Solomon, who placed fourth in London, the two became the second and third runners in American history to break the 1:43 barrier. In 2009 Symmonds became the first American to make the men's 800m final at the World Championships since Rich Kenah won the bronze medal and Mark Everett finished eighth in 1997. Symmonds duplicated that performance again in 2011. He qualified for his first Olympic team in 2008 at Hayward Field in one of the most memorable races of the Trials. A native of Boise, Idaho, Symmonds won seven NCAA Division III titles competing for Williamette University. Competing for the Oregon Track Club Elite, Symmonds worked to open the Tan Republic tanning salon.

**Events & Rankings:Results**

**2013:** 1st at Edmonton 800m (1:44.86); USA Outdoor runner-up 800m (1:43.70); 3rd at Prefontaine 800m (1:45.40); 1st at Oxy HP 1500m (3:36.07); 4th at Millrose Games 600m (1:16.89)  
**2012:** 5th in Olympic Games final (1:42.95); Olympic Trials champion (1:43.92); 1st at DecaNation (1:47.96); 5th in Monaco (1:43.78); 3rd at Pre Classic (1:44.32); 2nd at USATF High Performance 1500m (3:36.04).  
**2011:** USA Outdoor champion (1:44.17); 5th at World Outdoors (1:45.12); 3rd at Monaco (1:43.83)  
**2010:** USA Outdoor champion (1:45.98); 3rd at Pre Classic 1,000m (2:16.35); 6th at Monaco (1:44.0); 3rd at Rieti (1:43.76); 4th at Stockholm (1:45.32); 1st at NY GP (1:45.05); 6th at Paris (1:44.93); 2nd at Ponce GP in 1,000m (3:40.33)  
**2009:** USA Outdoor champion (1:45.86); 6th at World Outdoors (1:45.71); 1st at Nike Prefontaine Classic (1:45.8); 1st at Tyson Invitational (1:47.72); 1st at 1,000m at Reebok BIG (2:20.52); 3rd at Monaco (1:43.83)  
**2008:** Olympic Trials champion (1:44.10); 5th in Olympic semifinal (1:46.96); USA Indoor runner-up (1:46.96); 4th at Nike Prefontaine Classic (1:45.01); 6th at World Indoor Champs (1:46.48)  
**2007:** 6th in semis at World Outdoors (1:46.41); USA Indoor champion (1:48.73); USA Outdoor runner-up (1:45.17); 1st at Reebok Boston Indoor Games (1:48.15); 1st in mile at Seattle (3:56.72i); 2nd in mile at Tyson Invitational (4:01.21); Nike Prefontaine Classic champion (1:44.54); 3rd at Madrid (1:45.06); 5th at Heusden-Zolder (1:45.49)  
**2006:** USA Outdoor runner-up (1:45.83); 4th at Stanford 1500m (3:40.91)

**USA/World Rankings and Personal Bests**

**2013:** Outdoor bests - 800m, 1:43.03 (No. 1 in the USA, No. 2 in the World, ranked No. 1 in the USA and No. 2 in the World by T&FN); 1500m, 3:34.55 (No. 7 in the USA, No. 37 in the World)  
**2012:** Outdoor bests - 800m, 1:42.97 (No. 2 in the USA, No. 6 in the world); 1,500m, 3:36.04 (No. 14 in the USA, ranked No. 2 in the USA & ranked No. 8 in the world by T&FN)  
**2011:** Outdoor bests - 800m, 1:43.83 (No. 1 in the USA, No. 6 in the world by T&FN)  
**2010:** Indoor bests - 800m, 1:47.59 (No. 2 in the USA, No. 21 in the world); Outdoor bests - 800m, 1:43.76 (No. 1 in the USA, No. 8 in the world, ranked No. 6 in the world by T&FN)  
**2009:** Indoor bests - 800m, 1:47.72 (No. 1 in the USA, No. 15 in the world); Outdoor bests - 800m, 1:43.83 (No. 1 in the USA by T&FN, No. 11 in the world, ranked No. 10 in the world by T&FN)  
**2008:** Indoor bests - 800m, 1:46.48 (No. 1 in the USA, No. 10 in the world); Outdoor bests - 800m, 1:44.10 (No. 1 in the USA by T&FN, No. 10 in the world)  
**2007:** Indoor bests - 800m, 1:48.15 (No. 2 in the USA, No. 19 in the world); Outdoor bests - 1:44.54 (No. 3 in the USA, No. 14 in the world, ranked No. 2 in the USA by T&FN)  
**2006:** Outdoor bests - 800m, 1:45.83 (No. 5 in the USA, ranked No. 7 in the USA by T&FN).