

De Reuck Upsets Kastor, as USA Selects Olympic Marathoners, Saturday, 3 April 2004

St. Louis - Colleen DeReuck always wanted to make another Olympics team. So what if her native South Africa told her the 2000 games would be her last? DeReuck, never a quitter, had other ideas. She became a U.S. citizen, kept training and now has her spot secured for Athens - just 10 days shy of her 40th birthday. DeReuck won the U.S. Olympic women's marathon trials in 2:28:25, qualifying for her 4th Olympics but first for the US. "It is hard leaving your former country, but they said basically they would never put me on another team," DeReuck said. "I was too old, I caused too much trouble. I really don't try and cause any trouble."

The qualifying race, which paid \$35,000 for 1st, \$30,000 for 2nd and \$25,000 for 3rd, was largely contested on a 6.88-mile loop in Forest Park after a mile on the track at Francis Field. The start included 123 runners and 107 of those finished, including three Montanans, with Nicole Hunt, a 33-year-old runner from Deer Lodge, leading the way by placing 19th. Hunt covered the 42.2 kilometers in a PR of 2:40:39.

Two Billings runners, Kathy Aragon and Karen Sanford Gall, placed 105th and 106th, respectively. The 44-year-old Aragon was clocked at 3:19:23, while Gall checked in at 3:21:59. Gall said she was slowed by plantar fasciitis, an inflammatory condition affecting the bottoms of her feet. She said the sharp, shooting pain increased as the race went on. "I had a long day out there," she said. "I wanted to finish. My boys were there, and I didn't want to quit in front of them. Toward the end, every step felt like my feet were being stabbed by a hot poker." "It was miserable," said Gall. "But that's the nature of the marathon. You never know what is going to happen. You can have a good day or a bad day. This was a slow day." Gall said Aragon told her that she experienced some tightness in her legs around the 16-mile mark and that slowed her pace during the final 10 miles. About 1/4 of the contestants set PR's on the course, which included windy stretches and rolling hills. This was also the fastest trials ever, Gall said. "Nicole had an awesome race," added Gall. "I think she's thrilled with it. I talked to her at the luncheon after the race and her goal is to try to qualify for the 10,000-meter trials (in July)." This was Gall's fourth appearance in the marathon trials and Aragon's second. "We'll see," replied Gall when asked if she'll be back again. "I just need to rest my feet right now."

DeReuck, of Boulder, Colo., won the U.S. cross country championships last month. In this race, her only concern was finishing in the top three. The race started at the Washington University track, site of the 1904 Olympic track competition, and within ten minutes Blake Russell had opened a wide lead. Russell, the 2003 Twin Cities Marathon champion in 2:30, had the fourth fastest seed-time, and has the same coach (Bob Sevens) as runaway 1984 Olympic champion Joan Benoit Samuelson.

Russell led by more than a minute at the midpoint of the race. Her aggressive early move had to be taken seriously, and Kastor set out in pursuit, "slowly closing the gap," she explained. As a result, the field broke up quickly, strung out behind Russell and behind Kastor. The gaps grew large enough that Kastor lost no position when she stopped and spent 20 seconds prying a stone out of the sole of her shoe. Kastor overtook Russell shortly before 30K and led for nearly ten more kilometres, but admitted that not long after the 35K mark, "Someone handed me a grand piano!"

DeReuck ignored Russell's big first-half lead, and later capitalized when Russell and then Kastor tired, finally jetting into the lead with about 3K to go and winning comfortably. Russell reached halfway a few ticks under 1:12. DeReuck had planned to be within a minute of Russell's rumored target pace (1:13) at that point, but instead, she found herself nearly 2 minutes adrift. "It was discouraging to see her so far out. I didn't want to have to go to the track Trials. I was just trying to run a 5:40 pace. I just wanted to stay in the top 3," De Reuck said. "The girls went off too fast and I had to slow down because I just couldn't handle it. I thought, 'I'm just going to have to run my own pace,' and that's what I did."

DeReuck might have been the newest American among the top 5 at that point, but she had more marathon experience than the other 4 combined. She grew up in a South African running family (her father and older brother have permanent "green" numbers at the Comrades Marathon) but she nearly gave up the sport for lack of challenges before South Africa's first Olympic team, in 1992, gave her a new goal to work for. In the 12 years since she placed 9th in the Barcelona Olympic Marathon, DeReuck became a resident of Boulder, CO in 1993 and was a regular in American races, setting world bests at ten miles and 20K and scoring a marathon victory in Berlin (1996, PR 2:26:35). Meanwhile, she had a daughter, and her husband became a citizen. After the Sydney Olympics, which she thought would be her last, she opted for U.S. citizenship. After finishing, DeReuck got a hug from her husband. Then she telephoned her 9-year-old daughter, Tasmin. "I'm not famous because I'm not Britney Spears or Hilary Duff, but my girl knows I made the Olympics."

Last year, De Reuck lost U.S. national championship on the same course after gaining a wide lead and later fading badly due to hitting 'the wall' and experiencing hypothermia in the sub-freezing temps and windy conditions. This year, she was better prepared and more patient. When she moved into third, she recalled, "I wanted to consolidate my place on the team. I knew anything could happen in the marathon."

Kastor, whose qualifying time and American record of 2:21:16 was nearly seven minutes faster than anyone else in the field, said she felt depleted in the final 5K, walked across the finish line in the slowest of her 4 marathons. For the Athens Olympics, she plans to consult with a nutritionist to make sure she does not have that problem again.

As for DeReuck, she had enough energy for a little post-race dance before wrapping herself in an American flag. "I was surprised because I really thought Deena was the favorite but it's a marathon, and I've run quite a few, and I know things can happen. I closed in on Deena and I thought we'd run together. Something must have been wrong with her today. I'm so thrilled to make the team, because this is my country now," DeReuck said. "It's just a dream come true, but Deena is still the United States' best hope for Athens."



After the victory slipped away, Kastor said, "(De Reuck) passed me like a sprinter, it felt like. Plan B was to make the team," and she has already started the recovery process with an eye towards the starting line at Marathon. "I sat in the ice bath before the press conference," she explained. Unlike De Reuck, Kastor plans to run the U.S. track trials, but she was quick to underline that the marathon would be her event in Athens. De Reuck and Kastor will be joined in Athens by Jen Rhines (2:29:57). Rhines blasted past a cramping & bonking Russell in the last K to secure the 3rd Olympic team birth. For the first time, all 3 qualifiers ran sub-2:30 times, and Rhines wacked 11:19 off her PR. All 3 Olympic team members were on the U.S. XC team which won a silver medal at the 2002 World Cross in Dublin, with Kastor and De Reuck finishing 2nd & 3rd, respectively. Rhines finished 27th in that race.

Nicole's Experience:

I just got back from St Louis. I have days I will never forget in my life, and April 3rd is a day that will be forever etched in my memory.

I woke up at a 3:50 am to eat my banana and honey bread. All 125 of us Trials qualifiers loaded on buses in downtown St Louis and took the 15 min drive to Washington University at 5:15 am. There, we stretched and nervously chatted in the university's Gym. There was this intense but excited look on all of the athletes' faces.



#56).

We began to line up by seedtime (indicated by bib numbers) at 6:55am. Spectators lined the track, and Olympic theme music was playing. The sun was shining and it was breezy. The temp was a cool 40 °F.

At 7 am, after a high school band played the national anthem, an air-horn was blasted, and we starting with 4 laps of the track. My goal pace was 6:00 per mile, and my first was nearly that at 6:04.

Two huge packs formed immediately. Blake Russell led the lead the first in 5:36 pace and I was 2nd place in the trailing pack (I was



I was 30th as we exited the track to the cheers of hundreds flag-waving fans. I felt so much emotion at that moment.



My second mile was a 5:46 (downhill) and I was barely breathing. That pace felt like a jog. The groups of runners were spreading out, as each runner followed her own race plan.

After the start, the course looped 4 times around Forrest Park. Each loop had 1 hill that seemed to grow on each loop. And of course there was a slight down hill too. I thought it was going to be an easy course but on loops 3 & 4, I thought otherwise!

Loops 1 & 2 felt great. I hooked on with three others for most of loop 2. I continued to feel really strong and hit all my splits right on. Our little pack steadily passed many runners, as the temp climbed to ~60 °F and the breeze turned into a wind.

I still felt really good at the start of loop 3. There were thousands of spectators on the course but most were lined up in one area so the majority of the course you were out on your own in the park.



The wind was really starting to blow, but I tried not to think about it and to just concentrate on my race. In mile 16 our little pack disintegrated. I was now on my own to the finish. My last 6 min mile was from mile 19 to 20. I was then in 21st place.

Fans were cheering me, waving the flags and yelling out my number. I heard "Go Montana" often!

At mile 20, I started a 2-mile stretch into the wind. I concentrated on trying to catch the runners in front of me, and by mile 24 I was in 16th place as I headed up that huge hill for the last time. I looked behind me and there was no one in sight. I was starting to feel really tired at that point and I knew I was slowing down quite a bit. I really struggled up that hill and lost a lot of time, but I got over it and maintained my position down the backside.



At mile 25, 4 runners blew by me like I was standing still. I was shocked and that woke me up to how slow my body was running. I changed gears and ran behind them as best I could. I caught one of them and was now in 19th position. I was running for my life to the finish line. The street was packed with screaming fans for the last 400m. I held on to 19th place but the last stretch zapped the life out of my legs and for the first time ever - I collapsed at the finish line... *how embarrassing!*

I tried my best and finished in 2:40:39. Happily, my time was a PR by 3:30. I should feel fortunate; however, my time goal was 2:37 or faster, so I am not completely satisfied with my result. I did get my place-goal which was to win money (top-20).

On to the next race journey... Thank you all for your support and encouragement!

PL NAME AGE HOME HALF-SPLIT TIME \$ PRIZE

1 Colleen De Reuck 39 Boulder CO 1:13:41 2:28:25 \$49,000
2 Deena Kastor 31 Mammoth Lakes CA 1:13:00 2:29:38 \$43,000
3 Jen Rhines 29 Ardmore PA 1:14:33 2:29:57 \$37,000
4 Blake Russell 28 Acton MA 1:12:17 2:30:32 \$18,000
5 Magdalena Lewy Boulet 30 Oakland CA 1:14:32 2:30:50 \$16,000
6 Heather Hanscom 26 Alexandria VA 1:14:58 2:31:53 \$14,000
7 Sara Wells 25 Edina MN 1:15:29 2:33:15 \$13,000
8 **Deeja Youngquist 27 Albuquerque NM 1:15:28 2:34:21 \$12,000***
9 Susannah Beck 35 Halifax CA 1:15:38 2:34:44 \$11,000
10 Jenny Spangler 40 Lake Villa IL 1:15:01 2:36:30 \$10,000
11 Linda Somers Smith 42 San Luis Obispo CA 1:18:00 2:37:28 \$7,500
12 Jenny Crain 36 Eugene OR 1:16:47 2:37:36 \$6,500
13 Cori Mooney 30 Boise ID 1:18:51 2:37:49 \$5,500
14 Liz Wilson 35 Eugene OR 1:18:50 2:38:18 \$4,500
15 Lori Stich Zimmerman 33 Cedar Creek TX 1:17:23 2:38:44 \$3,500
16 Beth Old 29 Douglasville GA 1:17:09 2:40:14 \$2,500
17 Nicole Kulikov 28 Ft. Collins CO 1:20:58 2:40:28 \$2,000
18 Mary Akor 27 Gardena CA 1:18:52 2:40:37 \$1,750
19 **Nicole Hunt 33 Deer Lodge MT 1:18:51 2:40:39 \$1,250**
20 Turena Johnson Lane 28 Statesboro GA 1:18:37 2:40:58 \$1,000
21 Kelly Flathers 32 Huntington Beach CA 1:19:32 2:41:16
22 Jennifer Derego 24 Arroyo Grande CA 1:20:15 2:41:50
23 Christine Lundy 33 Sausalito CA 1:18:43 2:41:55
24 Deirdre Brill 26 Philadelphia PA 1:19:38 2:41:57
25 Christina Wells 29 Woodbridge VA 1:19:15 2:42:01
26 Monica Hostetler 27 Royal Oak MI 1:20:57 2:42:20
27 Katie Blackett 27 Boulder CO 1:19:24 2:42:24
28 Rachel Kinsman 30 Archbold OH 1:17:08 2:42:45
29 Nikole Johns 29 Ft. Collins CO 1:20:58 2:43:57
30 Seana Larson 34 Dexter MI 1:20:58 2:44:02
31 Margaret Angell 27 New York NY 1:21:58 2:44:05
32 Susan Loken 40 Phoenix AZ 1:19:37 2:44:23
33 Tara Wojciechowski 28 Cary NC 1:21:05 2:44:26
34 Shelly Larson 34 Lakeville MN 1:19:20 2:45:01
35 Erica Larson 32 Los Alamos NM 1:19:58 2:45:08
36 Donna Anderson 37 Pawleys Island SC 1:21:58 2:45:27
37 Kate Fonshell 34 Ardmore PA 1:19:37 2:45:34
38 Cathi Campbell 36 Allston MA 1:20:01 2:45:36
39 Robyn Friedman 31 Newton IA 1:22:00 2:45:53
40 Melissa Rittenhouse 27 Sheffield OH 1:20:59 2:45:55
41 Caroline Annis 23 San Francisco CA 1:22:13 2:46:00
42 Zika Palmer 28 Blowing Rock NC 1:20:20 2:46:21
43 Heather May 33 Bloomington IN 1:23:02 2:46:37
44 Kari McKay 35 Spokane WA 1:20:58 2:46:57
45 Johanna Olson 25 Bloomington MN 1:19:24 2:46:59
46 Diana Bowser 30 Medford MA 1:24:09 2:47:07
47 Janet Robertz 44 Shorewood MN 1:21:22 2:47:14
48 Kelly Keane 31 The Woodlands TX 1:18:35 2:47:28
49 Genevieve Kiley 29 Park City UT 1:22:53 2:47:33
50 Heather Bury 29 Morgantown WV 1:20:57 2:47:44
51 Karen Steen 39 Olympia WA 1:21:58 2:47:51
52 Kim Pawelek 30 Arden NC 1:20:13 2:48:16
53 Megan Daly 25 Palo Alto CA 1:22:14 2:48:19
54 Katy Hollbacher 29 San Francisco CA 1:23:04 2:48:25
55 Katie Koski 31 Two Harbors MN 1:21:58 2:48:39
56 Christy Nielsen-Crotts 28 Council Bluffs IA 1:21:33 2:48:44
57 Heather Hunt 29 Englewood CO 1:22:48 2:48:53
58 Jeanne Hennessy 26 Mahopac NY 1:20:17 2:48:55
59 Mary Coordt 34 Elk Grove CA 1:23:02 2:49:11
60 Farrell Burns 28 Charlotte NC 1:22:54 2:49:19
61 Kimberly Saddic 34 West Chester PA 1:22:15 2:49:29
62 Brenda Graham Gray 42 Rock Springs WY 1:20:58 2:49:30
63 Alysun Deckert 37 Seattle WA 1:22:25 2:50:27
64 Lucie Mays 33 Carmel IN 1:23:13 2:50:44
65 Kathryn Kasischke 27 San Diego CA 1:23:28 2:51:40
66 Kim Miltz 30 Hoffman Estates IL 1:22:37 2:51:55
67 Laura Bloedorn 23 Rochester NY 1:21:52 2:52:03
68 Bev Docherty 45 St. Paul MN 1:24:58 2:52:21
69 Mary-Lynn Currier 39 Unionville CT 1:23:13 2:52:23
70 Rosa Gutierrez 40 Glendale OR 1:21:58 2:52:34
71 Kim Harrity 30 Haverford PA 1:24:12 2:52:42
72 Sharon Stubler 39 Minnetonka MN 1:22:07 2:52:58
73 Tanya Poel 38 Boulder CO 1:24:57 2:53:22
74 Paula Morrison 30 Tucson AZ 1:22:11 2:53:37
75 Stacie Alboucrek 36 Ft. Lauderdale FL 1:21:52 2:54:12
76 Kimberly Hager 32 The Woodlands TX 1:23:44 2:54:16

77 Kari Bertrand 33 Gilroy CA 1:22:47 2:54:39
78 Meghan McLaughlin 25 Vienna VA 1:22:18 2:54:45
79 Hallie Janssen 28 Portland OR 1:23:16 2:55:02
80 Patty Murray 38 Boulder CO 1:23:26 2:55:42
81 Julia Stamps 25 New York NY 1:24:02 2:55:48
82 Suzy Schumacher 34 Phoenix AZ 1:24:58 2:56:23
83 Megan Holden 34 Shoreham NY 1:23:53 2:56:49
84 Michelle Lafleur 31 Savannah GA 1:23:20 2:57:24
85 Doreen Mccoubrie 42 Malvern PA 1:27:52 2:57:35
86 Mimi Fallon 38 Walpole MA 1:21:48 2:57:45
87 Molly Friel 36 Tucson AZ 1:22:58 2:57:48
88 Wendi Ray 31 Sister Bay WI 1:22:30 2:58:13
89 Rachel Earney 24 Cochrane WI 1:24:21 2:58:30
90 Maria Trujillo De Rios 44 Los Gatos CA 1:24:19 2:58:38
91 Valerie Gearheart 31 Santaquin UT 1:26:29 3:00:10
92 Kim Fitchen-Young 35 Santa Cruz CA 1:17:45 3:00:26
93 Mary Dolan Cote 39 Basalt CO 1:26:23 3:00:52
94 Angela French 45 Lacey WA 1:27:42 3:02:41
95 Tiffany Larson 37 Boise ID 1:24:48 3:03:33
96 Sarah Plaxton 35 Highland MI 1:28:10 3:03:55
97 Leah Moore 27 Atlanta GA 1:26:38 3:04:16
98 Michelle Hannaford 33 Igo CA 1:26:15 3:04:40
99 Molly Taber 31 Somerville MA 1:22:56 3:04:57
100 Cynthia Mauzerall 30 Boise ID 1:23:41 3:05:02
101 Amy Rodriguez 31 Roseburg OR 1:25:54 3:05:46
102 Aimee Larkin 27 Salt Lake City UT 1:26:51 3:05:57
103 Wendy Hall 34 Avondale Estate GA 1:26:12 3:07:24
104 Meghan Arbogast 42 Corvallis OR 1:29:06 3:10:48
105 Kathy Aragon 44 Billings MT 1:26:32 3:19:23
106 Karen Sanford Gall 43 Billings MT 1:28:31 3:21:59
107 Staci Bennett 35 White Bear Lake MN 1:43:47 3:43:33

Did not finish:

Sylvia Mosqueda CA (36:23 1:13:42)
Carol LeGate 41 WI (40:05 1:20:59)
Midori Sperandeo CA (40:25 1:23:38)
Kelly Keeler 42 MN (41:20 1:23:50)
Carly Graytock MI (41:18 1:23:51)
Melissa Gacek MN (40:27 1:24:08)
Brett Romano CT (41:53 1:26:05)
Cheryl Harper 41 UT (44:20 1:32:46)
Marie Boyd 44 NM (47:51 1:37:45)

Dropped out before 6 miles:

Heather Tanner CA
Jill Boaz CA 39:01
Lisa Vaill 41 FL 39:53
Gina Braz-Rocha MA 41:45
Anne Flynn 40 MI 42:10
Heather Killeen-Frisone CA 42:33

Declared but did not start:

Madelyn Noe-Schlentz 43 NJ (Warmed-up)

*** Thursday, August 19, 2004 (AP) -- Deeja Youngquist tested positive for endurance enhancing EPO in an out-of-competition test on March 16, 2004. Youngquist was subsequently disqualified from this race, and her results and prize award were stripped.**