



*Luke Humphrey*

# Hansons-Brooks Athlete

## PERSONAL BEST

4 miles – 18:45	2007
8k (Road) – 23:30	2006
10K - 29:04	2005
10k Road – 29:38	2009
15k- 45:33	2008
½ Marathon– 1:03:58	2011
Marathon– 2:14:39	2011

## CAREER HIGHLIGHTS

### Professional

- 2004 LaSalle Banks Chicago marathon 17th place (4th American) (debut) 2:18:49
- 2005 USATF T&F 10,000 meters 16th place
- 2005 LaSalle Banks Chicago Marathon 17th place 2:20:21
- 2006 USATF ½ Marathon Championships 9th place 1:04:45
- 2006 Boston Marathon 11th place 2:15:23
- 2006 Allient Energy Freedom Fest 8k – 15th place 23:30
- 2006 Utica Boilermaker 15k- 20th place 46:24
- 2006 LaSalle Bank Chicago Marathon- 18th place 2:15:22
- 2007 Emerald Nuts Midnight 4 miler- 3rd place 18:45
- 2007 U.S. ½ Marathon Championships- 13th place 1:04:05
- 2007 Ohme Marathon (30k) 11th place
- 2007 Garry Bjorkland ½ marathon 2nd place 1:05:51
- 2007 US Olympic Trials (Marathon) 43rd place 2:20:34
- 2008 ING Miami Half Marathon 6th place 1:06:33
- 2008 AT&T Austin Half Marathon 4th place 1:05:22
- 2008 US 15k Championships- 8th place 45:33
- 2008 Bloomsday 12k - 21st place (1st American) 36:39
- 2008 Healthy Kidney 10k – 12th place 29:44
- 2008 Bellin Run 10k – 5th place (1st American) 29:57
- 2008 ING NYC Marathon- 11th place
- 2008 Belle Isle New Years Eve 4 miler- 1st place
- 2009 Boston Marathon- 16th place (4th American) 2:18:46
- 2009 Bellin Run 10k, 4th place
- 2009 Steamboat Classic, 4 miles, 8th place, 19:05
- 2009 Peachtree 10k (US Champs) 34th, 29:51
- 2009 Detroit Run for the Zoo, 1st place, 29:38
- 2009 San Jose Rock 'n Roll Half Marathon, 4th place, 1:05:03
- 2010 Rock and Roll Seattle ½ marathon, 5th place
- 2010 Bank Of America Chicago Marathon, 12th place, 2:15:49
- 2011 RnR New Orleans ½ Marathon, 2nd place, 1:03:58
- 2011 RnR San Diego Marathon, 5th place, 1st American, 2:14:39
- 2014 Houston Marathon, 13th place, 2:16:34
- 3x Olympic Trials Qualifier for marathon
- Author of Hansons Marathon Method and Hansons Half Marathon Method
- Owner, Hanson's Coaching Services, LLC

## Hansons 2016

**LUKE HUMPHREY,  
M.S.**

**FOCUS: MARATHON**

**AGE: 35**

**D.O.B: 04.10.81**

**HEIGHT: 5' 11"**

**WEIGHT: 145 LBS.**

**YEARS RUN: 22**

**HOMETOWN:**

**SIDNEY, MI**

**USATF #: 1402518169**

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*An environment for the long run!*