



DANNA HERRICK

Hansons-Brooks Athlete

PERSONAL BESTS

- 1 mile road – 5:06 (2010)
- 5k road – 17:03 (2016)
- 6k cross country - 20:58 (2016)
- 8k road – 27:28 (2015)
- 10k road - 36:10 (2016)
- 10 mile – 57:45 (2015)
- 20k – 1:15:02 (2016)
- Half marathon – 1:12:52 (2015)
- Marathon – 2:40:09 (2014)

CAREER HIGHLIGHTS

PROFESSIONAL:

2016:

- 81st Olympic Trials Marathon,
- 5th Chicago Shamrock Shuffle,
- 3rd Dam to Dam half marathon,
- 6th Garry Bjorkland half marathon,
- 1st Crim 8k,
- 19th USATF 20k road championships (PR)

2015:

- 4th Chicago Shamrock Shuffle 8k (PR),
- 2nd Rock the Parkway KC half marathon,
- 1st Lincoln Marathon,
- 3rd Dam to Dam half marathon,
- 1st Capital Pursuit 10 mile (PR),
- 6th Ironman World Championships,
- 1st San Diego Holiday half marathon (PR)

2014:

- 3rd Chicago Shamrock Shuffle 8k,
- 5th Drake Relays half marathon,
- 4th St. Louis GO! Half marathon,
- 4th Dam to Dam half marathon,
- 9th Grandma's Marathon (PR),

2013:

- 15th Chicago Shamrock Shuffle 8k,
- 2nd Lincoln Marathon,
- 20th ING New York City Marathon,
- 1st Living History Farms Cross Country 7 mile

2012:

- 82nd Olympic Trials Marathon finisher,
- 1st Drake Relays half marathon,
- 1st Capital Pursuit 10 mile,
- 4th Des moines Marathon,
- 4th Living History Farm Cross Country 7 mile

2011:

- 3rd Drake Relays half marathon,
- 6th Dam to Dam half marathon,
- 17th Grandma's Marathon,
- 5th Des Moines half marathon

2010:

- 3rd Drake Relays half marathon,
- 5th Dam to Dam 20k,
- 2nd Midnight Madness 10k
- 21st Twin Cities Marathon (debut 2:51:36)

COLLEGIATE (2005-2009): TRUMAN STATE UNIVERSITY

- 2-time All-American in cross country and track & field
- Current school record holder in 3k steeplechase

HANSONS 2017



Age: 30

D.O.B: 10.31.1986

Height: 5'6"

Years Run: 18

Hometown: Boone, Iowa

Focus: Marathon

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Shelby Township, MI 48316

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Take off the training wheels. Focus on true mental toughness. Focus on commitments and controllables, you can't control the results anyway. Love people. Serve people. Provide value. Burn your goals. Fall in love with the process of becoming great."

— Joshua Medcalf

An environment for the long run!

[For more information log onto www.Hansons-Running.com]