



VIOLET BUTTS

How many years have you been competitively racing?

I started running after graduating college in 2021. I had been on the rowing team at MSU so I brought this competitive mindset into running and have been growing as a runner from there!

What is your favorite distance? Marathon

What is your PR from that distance? 2:55:36

What is your favorite race memory and why? My favorite race memory is from the 2023 Marquette Marathon. I started the race with my boyfriend Denis, who encouraged me to go with a faster group than I had planned, and I ended up at mile 18 realizing I was the first female. At that point I pushed even harder into the pain cave and felt every mile of the last 6 miles, just making it under 3 hours. I nearly collapsed at the finish line, but after I sat down my family was there to congratulate me. I also love the Marquette area and this marathon is one of the most beautiful races I have run.



AMY WING

How many years have you been competitively racing? 30

What is your favorite distance? 25k

What is your PR from that distance? 1:34:15

What is your favorite race memory and why? Bayshore Marathon 1996 because I surprised myself by placing first overall female.



AMANDA SURDENIK

How many years have you been competitively racing?

26 (counting high school)

What is your favorite distance? 1500/mile

What is your PR from that distance? 4:57, 5:23 if we are talking post-kids

What is your favorite race memory and why? One of my favorite race memories is running the NYC Marathon with my dad! It was far from a PR, but it is the only time we have run a marathon together. Crossing the finish line hand in hand in Central Park was so cool!



NICHOLAS THELEN

How many years have you been competitively racing? 20

What is your favorite distance? 800m

What is your PR from that distance? 1:52.11

What is your favorite race memory and why? Being part of the Aquinas 4x800 team when we won the NAIA National Championship. It was the culmination of years of hard

training. Post-Collegiate racing the Shamrock Shuffle 8k team race together with RunGR. I love the team aspect and working together to try and accomplish a single goal.



NOAH CUMMISFORD

How many years have you been competitively racing? 15

What is your favorite distance? Half marathon

What is your PR from that distance? 1:08:17

What is your favorite race memory and why? My half marathon PR was fun because I surprised myself with how good I felt and how I was able to keep pushing myself to get a great time!



TYLER JOHNSON

How many years have you been competitively racing?

5 years (post collegiately)

What is your favorite distance? Half Marathon

What is your PR from that distance? 1:09:58

What is your favorite race memory and why? 2014 High School State 4x800m relay. I anchored our team, comprised of 2 sets of brothers, to win the race with a still-standing school record



JENNA ALLMAN

How many years have you been competitively racing? 10

What is your favorite distance? 5k

What is your PR from that distance? 16:51

What is your favorite race memory and why? The last year I was on the Calvin XC team, we won the MIAA conference meet at our home course! It was such a fun race and it was so fun to accomplish something we had dreamed so long about as a group!



SCOT URSUM

How many years have you been competitively racing? 25

What is your favorite distance? Marathon

What is your PR from that distance? 2:46:29

What is your favorite race memory and why? 1. 2015 Naperville Marathon - overall winner. 2. 2016 Boston Marathon - member of team that won the masters division. 3. 2025 Diemer 5K - kicked down NT in the last 800m.



CAITLIN OLSON

How many years have you been competitively racing? 5

What is your favorite distance? Used to be 5k, now I like a good 10 mile

What is your PR from that distance? 17:02

What is your favorite race memory and why? My sophomore year both men and women won our conference! All of us were screaming and smiling and the best part is that we won by one point so it was especially exciting!



MELISSA WINCHESTER

How many years have you been competitively racing?

9 years

What is your favorite distance? 5k

What is your PR from that distance? 16:57

What is your favorite race memory and why?

Track Nationals in 2017. Racing the 4 x 800 with 3 amazing women and placing first in the nation. To all run our best when we needed to and to be able to share that moment with my teammates and parents was incredible.



JAMIE LYBERG

How many years have you been competitively racing?

29 years

What is your favorite distance? 10 mile or half-marathon

What is your PR from that distance? 1:24:31 for Half

What is your favorite race memory and why? Traveling to Banff Canada for a half-marathon with a group of 7 friends

to celebrate my birthday. The race was wet and hilly, but I broke the tape and was the first women to finish. This race was one of my favorites because it was so special to share it with good friends in a beautiful place.



JASON KLAASSEN

How many years have you been competitively racing?

Too many

What is your favorite distance? 10 Mile

What is your PR from that distance? 55:56

What is your favorite race memory and why? Breaking 16 minutes for 5k for the first time at GINA Relays was a very

special. The atmosphere was electric, the pacing was spot on, and I had an unusually quick finish to reach a huge PB and hugged my coaches at the finish line. I still think about that race and smile.



DARREN SWEET

How many years have you been competitively racing? 6

What is your favorite distance? Marathon

What is your PR from that distance? 2:35

What is your favorite race memory and why? 2022 Boston Marathon. Running Boston was always a goal of mine and this race was a surreal moment.



ERIN KUNST

How many years have you been competitively racing? 16

What is your favorite distance? Marathon

What is your PR from that distance? 2:59:17

What is your favorite race memory and why? I have been fortunate enough to have multiple races that I would consider in my “favorites” category, but at the risk of sounding

cliche, the first time (and only time so far) I broke 3 hours in the marathon in Honolulu 2024 after hip surgery the year before. I was not expecting to do that well considering the temperatures on each morning, so it was an incredibly exciting finish. It made it even better that I was able to celebrate it with my husband who has supported me through everything.



HOPE VAN DYKE

How many years have you been competitively racing?

17 years

What is your favorite distance? 5k

What is your PR from that distance? 17:42

What is your favorite race memory and why? Chicago marathon in 2023. I had signed up for 5 marathons in the previous 4 years and never made it to the start line due to injuries. 16 months before the Chicago marathon I had labral repair surgery. This surgery along with learning how to train smarter not harder brought me to a point I could complete a training cycle. On race day everything worked out well from nutrition, weather, crowd support, to running a very even race and finishing in my fastest mile. I also broke 3 in 2:57. It was special because it had been 4 years in the making for things to finally come together.



HENRY HOFMAN

How many years have you been competitively racing?

25+ (HS & then after 20 years off) started up again on various teams

What is your favorite distance? The Mile

What is your PR from that distance? 4:28 in HS but my fastest age graded time of 4:12 at the USATF Masters Road Mile Championship in Indianapolis this past June '25 (my first World Class Age Grading - 5:19 at 60 years old)

What is your favorite race memory and why? 2025 Riverbank, with so many family & friends who were there! (finished 1st in Age Group at 1:39:48 (85% age grade - 1:20:12)



DEREK SALL

How many years have you been competitively racing?
10 years

What is your favorite distance? 5k

What is your PR from that distance? 15:29

What is your favorite race memory and why? Racing the 8k at Augustana back in 2022. Super fun and beautiful course and the team as a whole ran great! I remember the energy just being super fun and positive



MIKE GRAVELYN

How many years have you been competitively racing? 13

What is your favorite distance? Marathon

What is your PR from that distance? 2:23:47

What is your favorite race memory and why?

On May 24, 2025, I ran the Bayshore Marathon in Traverse City, Michigan. I spent the first half of the race battling alongside the top five contenders for first overall, feeling like I was floating on air for the first 10 miles. The effort began to catch up with me around mile 15, and by mile 22 I felt like I was running on empty. Even so, I managed to hold on and finish fifth overall out of a few thousand runners. It was a personal-best marathon for me, and easily the strongest finish of my running career. I crossed the line exhausted but proud, knowing I had pushed deeper than ever before. That day at Bayshore remains one of the defining moments in my journey as a runner.



ADDISON SMITH

How many years have you been competitively racing?

12 Years

What is your favorite distance? 50k

What is your PR from that distance? 3:54:01

What is your favorite race memory and why? 2018 MIAA Championships, our team went 1-6 as a team and ran strong as a group.