



# DANNA HERRICK

# Hansons-Brooks Athlete

## PERSONAL BESTS

- 5k road – 17:03 (2016)
- 6k cross country - 20:58 (2016)
- 8k road – 27:28 (2015)
- 10k road - 35:10 (2016)
- 10 mile – 57:45 (2015)
- 20k – 1:14:38 (2017)
- Half marathon – 1:12:52 (2015)
- Marathon – 2:34:53 (2017)

## CAREER HIGHLIGHTS

- 2017:**  
12th Boston marathon (PR)
- 2016:**  
81st Olympic Trials Marathon (2:52:10)
- 2015:**  
4th Chicago Shamrock Shuffle 8k (PR)  
1st Lincoln Marathon (2:43:24)  
1st Capital Pursuit 10 mile (PR)  
6th Ironman World Championships (10:27:35, PR)  
1st San Diego Holiday half marathon (PR)
- 2014:**  
1st Ironman Wisconsin (10:43:52)  
9th Grandma's Marathon (2:40:11)
- 2013:**  
2nd Lincoln Marathon (2:44:12)  
20th ING New York City Marathon (2:44:19)
- 2012:**  
82nd Olympic Trials Marathon (2:45:42)
- 2011:**  
17th Grandma's Marathon (2:43:54)
- 2010:**  
21st Twin Cities Marathon (debut 2:51:36)
- COLLEGIATE (2005-2009): TRUMAN STATE UNIVERSITY**  
2-time All-American (Cross country, Track)  
School record holder: 3k steeplechase (10:49)

## 2017



**AGE:** 30  
**D.O.B:** 10.31.1986  
**HEIGHT:** 5'6"  
**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*