



# Ian La Mere

## PERSONAL BEST

- ↻ 1 mile – 4:13.70 (2/17)
- ↻ 5k – 13:54.88 (4/17)
- ↻ 8k – 23:32 (11/15)
- ↻ 10k - 28:38.63 (4/16)
- ↻ 10 mile – 47:48 (10/17)

## CAREER HIGHLIGHTS

**Professional**  
7<sup>th</sup> USATF 10-mile championships: 2017

**College**  
11<sup>th</sup> USATF Outdoor Track and Field Championships 10,000m: 2017  
NCAA DIII Cross Country National Champion: 2015,2016  
NCAA DIII 10,000m National Champion: 2015, 2016, 2017  
NCAA DIII 5,000m National Champion: 2016

## Hansons 2017

Ian La Mere

**Focus:** 10k - Marathon

**Age:** 23

**D.O.B:** 02.21.94

**Height:** 5'10"

**Years Run:** 13

**Hometown:**  
Green Bay, WI

**USATF #:** 1719779744

**Address:** 638 Bloomer Rd  
Rochester Hills, MI 48073

**Phone:** 920-664-4152

**Email:** islamere@gmail.com

**College Degree:** Electrical Engineering

"Above all, I will challenge myself to do ridiculously impossible things and give everything trying to achieve them."  
Margaret Bradley 1979 - 2004