



Nicholas A. Stanko

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PERSONAL BEST

ROAD

10m	49:14	04/2009
13.1m	1:04:01	01/2007
25k	1:17:36	05/2009
26.2m	2:19:37	01/2009

TRACK

3k	8:16.3	02/2003
2m	8:58.6	07/2008
5k	14:16.8	05/2004
10k	29:39.0	04/2004

CAREER HIGHLIGHTS

PROFESSIONAL (*Brooks Sports, Inc.*)

Michigan Runner of the Year		2009
Detroit Free Press Marathon	1 st place	2009
25k USATF Championships	10 th place	2009
USA Olympic Marathon Trials	78 th place	2007
25k USATF Championships	6 th place	2007
1/2 marathon USATF Championships	12 th place	2007
25k USATF Championships	9 th place	2006
Michigan Runner of the Year		2005
Detroit Free Press Marathon	4 th place	2004

COLLEGIATE (*University of Michigan*)

Penn Relays 10,000m Champion		2004
All-Region Cross Country		2003
All-Big Ten 10k		2003
All-American USATF Junior Nationals 5k		2000
NCAA Cross Country Championships		1999, 2001-2003

RUNNING EMPLOYMENT

Head Cross Country Coach (Haslett H.S.)	2008-present
Assistance Track & Field Coach (Haslett H.S.)	2008-present
Running Fit (Ann Arbor, MI)	2000-2006
Total Runner (Southgate, MI)	1998-1999