2005 Top Road Runners Announced by Running USA and The Active Network
New Rankings Provide Many Ways to Put Performances in Perspective

The new Runner Rankings, compiled and produced by Running USA and Active Sports Technologies, part of The Active Network, provide many interesting ways of viewing and comparing the Top Road Runners of 2005. The rankings, which can be found at www.runningusa.org <http://www.runningusa.org> and www.active.com/rankings <http://www.active.com/rankings> , provide recognition for all types of runners from joggers to professional athletes.

The system combines an algorithm for standardizing performances of different distances and course difficulty with age-graded factors, thus allowing comparisons across gender, age groups and year. The overall rankings displayed in the 'Runners by Points' section of the website (www.active.com/rankings/runner_points.cfm <http://www.active.com/rankings/runner_points.cfm>) and listed below include points from a maximum of 12 races per year.

Top 2005 Road Runners in U.S. (maximum of 12 races)
MEN
Rank Name Age Hometown ST # Pts
1 Matt Downin 28 Westwood NJ 12 2047
2 Ryan Shay 26 East Jordan MI 10 1973
3 Brian Sell 27 Rochester Hills MI 8 1937
4 John Tuttle 47 Alton NH 12 1840
5 Kevin Collins 34 Cicero NY 11 1795
6 Len Goldman 61 Oakland CA 11 1732
7 Jim Graupner 61 Lake Elmo MN 12 1731
8 James Carlton 63 White Lake MI 12 1730
9 Peter Gilmore 28 Menlo Park CA 11 1707
10 Abdi Abdirahman 28 Tucson AZ 5 1672

WOMEN
Rank Name Age Hometown ST # Pts
1 Deena Kastor 32 Mammoth Lakes CA 5 7931
2 Colleen De Reuck 41 Boulder CO 12 3798
3 Barbara Miller 66 Modesto CA 12 2320
4 Blake Russell 30 Marina CA 3 2065
5 Ginette Bedard 72 Howard Beach NY 10 1935
6 Elva Dryer 34 Albuquerque NM 4 1913
7 Jen Rhines 31 Mammoth Lakes CA 5 1881
8 Carmen Ayala-Troncoso 46 Austin TX 10 1874
9 Toshiko D'Elia 75 Ridgewood NJ 12 1860
10 Katie McGregor 28 Edina MN 7 1853

Another approach is to view the top runners in order of the average points per performance (see tables below). The top woman, 2004 Olympic bronze medalist Deena Kastor, is at the top of both lists as the Team Running USA athlete backed up her stellar 2004 with another impressive year of quality racing (no scored race under 94% age-graded). Kastor set U.S. road records at 8K (24:36) and the half-marathon (1:07:53)

and in October, she won the LaSalle Bank Chicago Marathon in 2:21:25, the third fastest U.S. all-time performance, and the U.S. marathon record holder became the first American woman to win a major world marathon in 11 years.

Two of the three males with the highest quality performances - 2004 Olympic silver medalist Meb Keflezighi and Dathan Ritzenhein - only ran two road races each and thus are #61 and #97 respectively in the overall points list.

Top 2005 Road Runners in U.S. (in order of average points per performance)
MEN
Rank Name Age Hometown ST # Pts ave/race
1 Meb Keflezighi 30 San Diego CA 2 745 373
2 Abdi Abdirahman 28 Tucson AZ 5 1672 334
3 Dathan Ritzenhein 23 Boulder CO 2 600 300
4 Brian Sell 27 Rochester Hills MI 8 1937 242
5 Alan Culpepper 33 Lafayette CO 3 694 231
6 Mbarak Hussein 40 Albuquerque NM 6 1250 208
7 Matt Lane 28 Palo Alto CA 5 1008 202
8 Ryan Shay 26 East Jordan MI 10 1973 197
9 Peter Julian 34 Boulder CO 5 912 182
10 Dan Conway 66 Superior WI 4 721 180

WOMEN
Rank Name Age Hometown ST # Pts ave/race
1 Deena Kastor 32 Mammoth Lakes CA 5 7931 1586
2 Blake Russell 30 Marina CA 3 2065 688
3 Elva Dryer 34 Albuquerque NM 4 1913 478
4 Jen Rhines 31 Mammoth Lakes CA 5 1881 376
5 Colleen De Reuck 41 Boulder CO 12 3798 317
6 Kelly Keane 33 The Woodlands TX 2 579 290
7 Katie McGregor 28 Edina MN 7 1853 265
8 Tatyana Pozdnyakova (UKR) 50 Gainesville FL 7 1652 236
9 Kim Fitchen-Young 37 Santa Cruz CA 3 698 233
10 Sylvia Mosqueda 39 Los Angeles CA 3 605 202

Basil Honikman, Executive Director of Running USA, is pleased with the results of the first full year of the new rankings system. "This system was designed to encourage runners of all abilities as well as publicize performances by the top professionals as well as the best athletes in each city, state and age group so that the public can become fans. We are nearing the end of our beta testing period and welcome any comments that people may have about the rankings process or purpose."

Later this month, final 2005 Age Group Rankings and Top Runners State by State will be released. At the same time, runners will be able to start claiming 2006 performances and checking their progress relative to their own previous times and performances of friends and family and rivals.

To be included in the rankings, running events should submit results in Excel or delimited text files to

Results@LDRresults.com or results@usatf.org. For further information about the rankings, contact rric@runningusa.org.