

Carrie Verdon – 5,000m/ 10,000m/ Marathon

Personal Information -

- DOB: 3/8/1994
- Hometown: Oakland, California
- University: University of Colorado at Boulder
- Degree: Integrative Physiology and a Master's in Human Learning and Development
- Current Employment: Teacher

Road PRs -

- 5km:
- 10km: 33:23
- 10M: 52:37
- 1/2M: 1:10:10
- Marathon: 2:31.51

Track PRs -

- 800m:
- 1500m: 4:25
- 3,000m: 9:18
- 5,000m: 15:18
- 10,000m: 31:37

Notable Achievements -

- 2022 USATF 10 Mile Championships – 2nd place
- 2022 USATF 10,000 National Championships – 9th place
- 2021 Chicago Marathon – 7th place
- 2021 USATF Club XC Championships – 2nd place
- 2022 USATF National XC Championships – 9th place
- 2020 USATF National XC Championships – 3rd place
- 2020 PANAM XC Championships – 2nd place
- Competed as a junior for USA at World XC in Poland, 2013

Running Goals -

- Make Team USA for the marathon/ track.
- Run a faster marathon.
- Be the best athlete I can be and have fun while doing it.

