

Melissa Dock – 5,000m/ 10,000m/ Half Marathon

Personal Information -

- DOB: 1/16/82
- Hometown: Danbury, CT
- University: Appalachian State University for Undergrad
Montana State University for Grad School
- Degree: Masters of Science
- Current Employment: Director, OptumCare
- Coach: Robert Pickels

Road PRs -

- 5km: 16:37
- 10km: 34:35
- 10M: 58:47
- 1/2M: 1:12:50

Track PRs -

- 3000m: 9:28
- 5,000m: 16:32
- 10,000m: 33:10

Notable Achievements -

- 2022 Masters 5,000m World Championship – 1st place
- 2022 Masters World Half Marathon Championship – 2nd place
- 2018 Falmouth Road Race – 5th place/ 1st American
- 2 x Bolder Boulder 10km Winner - 2016, 2018
- 2019 USATF Club XC Championship – 10th place
- 2021 USATF Club XC Championship – 9th place

Running Goals -

- Run sub 33mins for 10,000m
- Run sub 16mins for 5,000m
- Become the best athlete I can be
- Have fun and build strong relationships

