

2003										
Race	Location	Date	Distance	Start Time	Time	Surface	Temp.	Wind	Humidity	Terrain
Atlanta Half Marathon	Atlanta, GA	11/25/2003	13.1 Mi.	7:00AM	1:30:37	Asphalt	40F	5 mph	None	

2004										
Race	Location	Date	Distance	Start Time	Time	Surface	Temp.	Wind	Humidity	Terrain
Charlottesville Ten-Miler	Cville, VA	4/3/2004	10 Mi.	8:00AM	1:06:58	Asphalt	55	0 mph	None	
Atlanta's Finest 5K	Atlanta, GA	7/24/2004	5K	8:00AM	20:50	Asphalt	70	0 mph	100%	
Baltimore Half Marathon	Baltimore, MD	10/16/2004	13.1 Mi.	9:00AM	1:32:20	Asphalt	60	35-40 mph	25%	
Atlanta Half Marathon	Atlanta, GA	11/25/2004	13.1 Mi.	7:00AM	1:30:38	Asphalt	40F	5 mph	None	

2005										
Race	Location	Date	Distance	Start Time	Time	Surface	Temp.	Wind	Humidity	Terrain
Cherry Blossom Ten-Miler	Washington, DC		10mi.	7AM	1:07:00	Asphalt	35F	5mph	0	Flat
Charity 5K	Baltimore, MD		5K	10AM	20:00	Asphalt	50F	5-10mph	50	Flat
23K Trail Run	Last MD exit, 95N		about 23K	7:30AM	?? (Disaste	Dirt	90F	0	75	
Striders Half-Marathon	Abu Dhabi, UAE	11/17/2005	21K	7AM	1:30:00	Asphalt	70F	0	50	Flat

2006										
Race	Location	Date	Distance	Start Time	Time	Surface	Temp.	Wind	Humidity	Terrain
Dubai Marathon	Dubai, UAE	2/17/2006	42K	7AM	3:35:00	Asphalt	80-90F	5mph	50	Flat, with sharp gains over bridges
DSC Half-Marathon	Dubai, UAE	12/8/2006	21K	7AM	1:31:13	Asphalt	15C	0	0	Flat, with sharp gains over bridges

2007											
Race	Location	Date	Distance	Start Time	Time	Mile Pace	Surface	Temp.	Wind	Humidity	Terrain
RAK Half-Marathon	RAK, UAE		21K	7AM	1:29:55		Asphalt	70F	5mph	0	Flat
Atlanta Half-Marathon	Atlanta		13.1mi	7AM	1:32:00		Asphalt	45F	Rain		Moderate

2008										
Race	Location	Date	Distance	Start Time	Time	Surface	Temp.	Wind	Humidity	Terrain
Columbia Ten-Miler	Columbia,MD	2/24/2008	10mi	8AM	68:33	Asphalt	35F	5mph	0	Hills
C'ville Ten-Miler	C'ville, VA	3/29/2008	10mi	7:45AM	67:31	Asphalt	45F	0mph	0	Hills
Lake Merced Half	San Francisco	9/21/2008	13.1mi	8:00AM	83:19	Asphalt/Dir	50F	0-5mph	0	Flat
Stevens Creek 10k	Mountain View, CA	9/28/2008	6.2mi	8:30AM	38:07	Asphalt/Dir	55F	0-5mph	0	Flat
Silicon Valley Marathon	San Jose	10/26/2008	26.2mi	7:00AM	3:01:18	Asphalt	50F	0mph	0	Flat

2009

2009

Race	Location	Date	Distance	Start Time	Time	Surface	Temp.	Wind	Humidity	Terrain
Embarcardero 10-miler	San Francisco	11-Jan	10	8:30	1:01:28	Asphalt	45F	0	0	Flat
Boston Marathon	Boston	20- Apr	26.2	10:00	2:58:02	Asphalt	45F	10-12mph	0	Downhill
The Relay	Napa Valley	2-May	20.8	2:30PM	7.1 @ 45:00 8.9 @ 1:07:30 4.8 @ 34:08	Mixed	50F	0	0	Hills
Rabun Ramble 10k	Lakemont, GA	4-July	6.2	7:30AM	37:17	Asphalt	50F	0	0	Hills
San Francisco Marathon	San Francisco	26-July	26.2	5:30AM	2:55:24	Asphalt	45F	8-10mph	25.00%	Hills