



# U.S. National 24 Hour Running Team

*June 21, 2023  
Tracey Outlaw*



*Photo: Tuan Nguyen*

“Never give up.”

If Jenny Hoffman has a mantra, that's it.

She came into last weekend in the 6th qualifying position for the 2023 USA 24 Hour Team with 136.608 miles set at Six Days in the Dome last year. It is a tenuous position given this weekend's race has 4 women with PR's over 145 miles.

She would need to improve on it.

However, a bad hamstring injury relegated her to three months of arms-only swimming last Fall.

She didn't give up.

A logistical issue with her planned crew this past weekend could have disrupted her race. Her husband stepped in at the last minute.

She didn't give up.

She threw down.

She finished her 24 Hour race with a massive PR of 145.486 miles - beating her current qualification by almost 9 miles. She catapulted from 6th to 3rd only behind Marisa Lizak and Camille Herron. She set PRs at the 50 mile (7:34), 100k (9:28:50) and 100 mile (15:26:51) along the way.

A race of a lifetime.

Especially impressive given Hoffman has been running ultras for 20 years.

She ran 125 miles in her first 24 hour race at ATY in 2005. Her husband finished first with 131, and she was 2nd overall. Turns out she was (unbeknownst at the time) pregnant. So their joke is that the family took the podium.

In the race there were a couple of teenage brothers with the last name Coury doing their first ultra. A legend, Yiannis Kouros, was in the 72hr race. But her highlight was meeting John Geesler, who taught her how to run 24 hour races.

The lessons paid off.

In 2005 and 2006 she qualified for the USA 24 Hour team, but couldn't go due to the baby. She was the alternate in 2015 (Turin) and made the team again in 2017 (Belfast).

Her other 24 hour connection is to her weekend crew and husband, Daniel Larson. He was on the USA 24 Hour Team that competed in Korea in 2008.

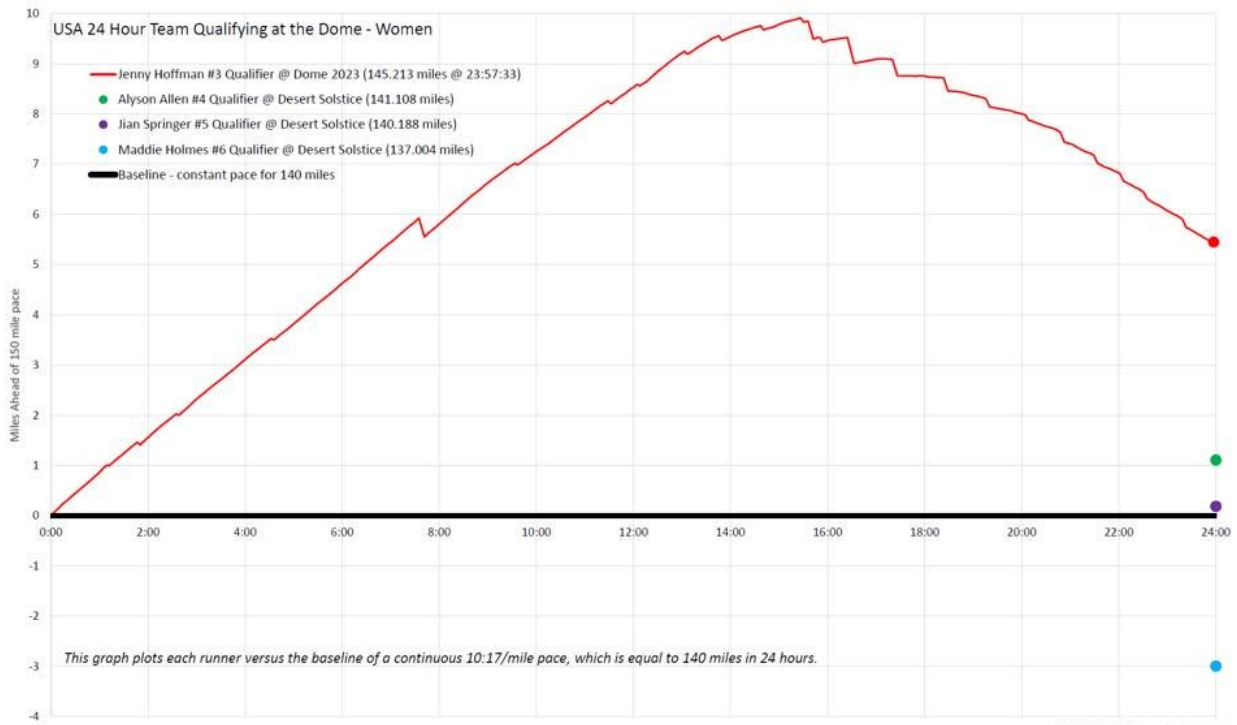
She credits his support for having the race of her life.

The 45-year-old Harvard physics professor and mother of three gave it her all.

Now she waits to see if it's enough to make her 4th National Team.



Jenny and her husband, Daniel, moments after finishing her “race of a lifetime”.  
 Photo: Tuan Nguyen



Mike Dobies chart showing Jenny’s performance relative to the #4-#6 qualifying positions.