



U.S. National 24 Hour Running Team

July 5, 2023

Tracey Outlaw

🇺🇸 CONGRATULATIONS to members of the 2023 U.S. National 24 Hour Team who have been selected to compete in the IAU - International Association of Ultrarunners World 24 Hour Championships to be held in Chinese Taipei on December 2-3, 2023. An estimated 300 of the world's top ultra runners from over 30 countries will compete.

The USA Women's 24 Hour Team:

- 🇺🇸 Marisa Lizak, Marina del Rey, CA
- 🇺🇸 Camille Herron, Warr Acres, OK
- 🇺🇸 Jenny Hoffman, Cambridge, MA
- 🇺🇸 Aly Allen, Bathsheba, Barbados
- 🇺🇸 Stella Springer, Woodland Hills, CA
- 🇺🇸 Mandie Holmes, Truckee, CA

The USA Men's 24 Hour Team:

- 🇺🇸 Nick Coury, Scottsdale, AZ
- 🇺🇸 Jake Jackson, Loma Linda, CA
- 🇺🇸 Chad Lasater, Sugar Land, TX
- 🇺🇸 Scott Traer, Woburn, MA
- 🇺🇸 Jeff Urbanski, Broomfield, CO
- 🇺🇸 Chris Roberts, Kirkwood, MO

Qualifying marks here:

<https://www.usatf.org/disciplines/mountain-ultra-trail/team-usa-events/2023-u-s-national-24-hour-qualification-standards->

The teams are comprised of the top six men and women based on qualifying times posted at certified and sanctioned 24 Hour races or a 24-hour splits in a multi day fixed-time races from December 2, 2021- July 2, 2023.

Minimum standards for consideration: Male 145 miles (233.348km), Female 130 miles (209.209km).

USATF 24-Hour team staff members are: Pam Smith, Bob Hearn and Dr. Nicole Yedlinsky.

2023 USA WOMEN'S NATIONAL 24 HOUR RUNNING TEAM



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Marina del Rey, CA



Camille Herron
Warr Acres, OK



Jenny Hoffman
Cambridge, MA



Aly Allen
Bathsheba, Barbados



Stella Springer
Woodland Hills, CA



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2023 USA MEN'S NATIONAL 24 HOUR RUNNING TEAM



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