

JOHNNY GRAY

Event: 800 meters

Height: 6-4

Weight: 175

PR: 800m - 1:42.60 AR (1985)

Born: June 19, 1960, in Los Angeles, Calif.

Current Residence: Agoura Hills, Calif.

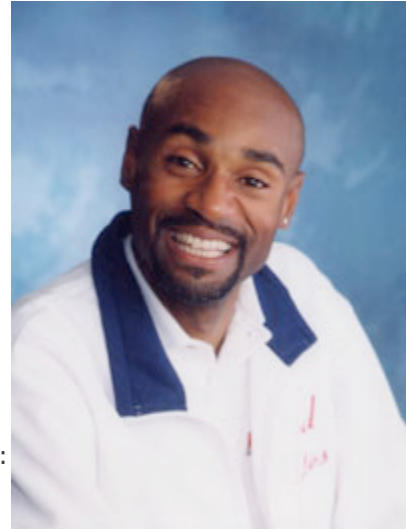
High School: Crenshaw HS, Los Angeles, '78

Colleges: Santa Monica CC '80; Arizona State university '82;
Cal State University L.A. 84-85

Coach: Merle McGee

Agent: Joe Douglas

Club: Santa Monica TC



Career Highlights: 1992 Olympic bronze medalist; 4-time Olympian; 1987, 1999 Pan Am gold medalist; 7-time U.S. Outdoor national champion; 3-time Olympic Trials champion. American record holder indoors (1:45.00) and outdoors (1:42.60).

From 1984 to 1997, Gray broke 1:45.0 every season - 14 straight. He originally went out for track at Crenshaw High to be a two miler. His high school coach Merle McGee thought he had better potential in the 800. McGee retired from coaching last year, but is now coaching Gray again in 2001. During his senior year in high school, he improved 15 seconds and won the L.A. city title. He has two sons, Johnny III (born 1983) and Jared Kyle (1985).

2001: Melrose Games champ (1:50.40).

2000: 6th in opening round at U.S. Olympic Trials... 7th at Prefontaine Classic (1:52.42)...12th at adidas Oregon Track Classic (1:52.82)...had a strong indoor season, winning two Golden Spike Tour Events - the adidas D.C. Invitational and the U.S. Air Force Melrose Games...placed 3rd at USA Indoors...dnf at Pontiac Grand Prix Invitational ...2000 marked the first time in 18 years that Gray was not ranked in the U.S. by Track & Field News...best of 1:49.10(indoors).

1999: Gold at Pan Am Games ... 4th at USA Outdoors...ranked #5 in U.S. by T&FN...Best of 1:45.38.

1998: Troubled by a series of minor injuries...won Mt SAC Relays (1:46.15)...2nd in USA Outdoors (1:45.47)...5th at Goodwill Games (1:47.02)...ranked #2 in U.S. by T&FN...Best of 1:45.47.

1997: 5th in USA Outdoors (1:45.37)...3rd at Linz (1:44.56)...ranked #5 in U.S. by T&FN...Best of 1:44.56.

1996: Won Olympic Trials (1:44.00)...7th in Olympic Games (1:44.21)...after the Games had surgery to correct acute tendinitis of the knee...in recovery, he began lifting weights for the first time in his career...ranked #9 in world (#1 U.S.) by T&FN...Best of 1:43.93.

1995: Lost the early part of his season to anemia...ran season best 1:43.36 to win B race at Zurich's Weltklasse GP...ranked #10 in world (#2 U.S.) by T&FN...Best of 1:43.36.

1994: Won Rome GP (1:43.73)...ranked #2 in U.S. by T&FN...Best of 1:43.73.

1993: 2nd at USA Outdoors (1:44.67)...8th in semis at World Champs (1:50.89)... ranked #2 in world (#1 U.S.) by T&FN...Best of 1:44.03.

1992: Won Olympic Trials (1:42.80)...bronze at Olympic Games (1:43.97)...ranked #4 in world (#1 U.S.) by T&FN... Best of 1:42.80.

1991: 3rd in USA Outdoors (1:44.83)...6th in World Championships (1:45.67)... ranked #9 in world (#3 U.S.) by T&FN...Best of 1:43.84.

1990: 3rd in USA Outdoors...ranked #7 in world (#3 U.S.) by T&FN...Best of 1:43.72, plus 3:42.43 (1500).

1989: Won USA Outdoors (1:46.17)...ranked #6 in world (#1 U.S.) by T&FN... Best of 1:43.39.

1988: Won Olympic Trials...5th in Olympic Games (1:44.80)...ranked #2 in world (#1 U.S.) by T&FN...Best of 1:42.65.

1987: Won USA Outdoors (1:45.15)...won gold at Pan Am Games (1:46.79)...8th in quarterfinals of World Champs (1:49.50)...ranked #1 in U.S. by T&FN...Best of 1:44.09.

1986: Won USA Indoor 1000y (2:04.52)...won USA Outdoors (1:44.73)...ranked #3 in world (#1 U.S.) by T&FN... Best of 1:43.46.

1985: Won USA Outdoors (1:45.01)...ranked #2 in world (#1 U.S.) by T&FN... Best of 1:42.60.

1984: 2nd Olympic Trials (1:43.74)...7th Olympic Games (1:47.89)...ranked #5 in world (#2 U.S.) by T&FN...Best of 1:42.96, plus 2:17.27 (1000m), 4:07.64 (mile)

1983: 5th in semis of USA outdoors...ranked #7 in U.S. by T&FN...Best of 1:45.50, plus 46.3 (400).

1982: 2nd in USA Outdoors...ranked #3 in U.S. by T&FN...Best of 1:45.41.

1981: Did not compete due to injury.

1980: 8th in Olympic Trials...ranked #10 in U.S. by T&FN...Best of 1:47.06.

1979: 4th in USA Juniors...best of 1:49.39.

1978: best of 1:51.1

1977: best of 2:06.0y T&FN...Best of 1:44.56.

5/23/01

Deena Kastor – Bio

PRs: 3,000m - 8:42.59 (2000); 5,000m - 14:51.62 (2000); 10,000m - 30:52.32 (2002); Marathon - 2:19:36AR (2006)

Born: February 14, 1973, in Waltham, Mass.

Current Residence: Mammoth Lakes, Calif.

High School: Agoura (Calif.) '91

College: Arkansas '96

Coach: Terence Mahon

Agent: Ray Flynn

Club: Asics

Career Highlights: 2004 Olympic marathon bronze medalist; 2003 Jesse Owens Award winner; Two-time World Cross Country silver medalist ('02, '03); 5-time USA 10,000m champion ('00, '01, '03, '04, '07); 2001 U.S. marathon champion; 5-time USA 15 km champ; Seven-time U.S. 8 km cross country champion; Eight-time NCAA All-American

After winning the 2008 Olympic Trials marathon, Kastor was forced to drop out of the Olympic Marathon in Beijing when precisely at the 5 km mark she felt a pop in the ball of her right foot and could no longer put weight on the foot. The injury was later diagnosed as a broken foot...At the 2007 USA Outdoor Championships, Kastor picked up her fifth 10,000m title, leading wire to wire... became the first American woman to run under 2 hours 20 minutes, winning the 2006 Flora London Marathon in 2:19:36, which smashed her own American Record of 2:21:16, set in London in 2003. Her winning time made her the fourth fastest woman ever in the marathon...broke her own American Record at the Berlin Half Marathon, crossing the finish line in 1:07:34, bettering her previous record by 19 seconds. She also set new American records in the 12 km (38:24), 10 mile (51:31), and the 20 km (1:04:07) on the way to her runner-up finish in Berlin...Despite the records, Kastor said she was disappointed with 2006 and is looking for better things in 2007...Kastor didn't let up after winning the marathon bronze medal at the 2004 Olympic Games. She enjoyed a tremendously successful, and record-setting, 2005: Running the second fastest women's 8 km in U.S. history, Deena Kastor dominated the women's field winning the 2005 U.S. 8k Championship in 25:05. One week later she broke the American record on the roads in the 8 km with her time of 24:36 at the LaSalle Bank Shamrock Shuffle... although injury held her back at the USA Outdoor Track Championships, she finished off the year in style, breaking the American record in the half marathon at the Jefferson Hospital Philadelphia Distance Run on Sept. 19 (1:07:53), surpassing Joan Samuelson's mark of 1:08:34 set at the same race in 1984. She then just missed her own American record in winning the Chicago Marathon (2:21:25). It was the first time an American won a major marathon since Kristy Johnson won Chicago in 1994. ... Kastor executed a near perfect race to earn an Olympic bronze medal in the women's marathon...the temperatures were in the mid-80s with 50% humidity...Kastor's bronze medal was the first U.S. medal in the Olympic Marathon since Joan Benoit's 1984 gold medal victory at the inaugural women's Olympic Marathon in Los Angeles and the first Olympic distance medal for the U.S. since Lynn Jennings' 1992 bronze medal in the 10,000 meters in Barcelona...2003 also was a big year for the former Deena Drossin, including a marriage and name change to Deena Kastor...she continued her dominance by setting an American record of 2:21:16 at the Flora London Marathon, bettering the 2:21:21 set by Benoit-

Samuelson in winning the 1985 Chicago Marathon...earlier in 2003, she won her sixth USA Cross Country 8 km national title, and won the silver medal at the World Cross Country Championships for the second consecutive year...on March 8, 2003, Kastor also won her fourth consecutive U.S. 15 km road race title in 47:15, bettering her own American record of 48:12 set at the 2002 Championships...Kastor concluded the year winning the 2003 Jesse Owens Award as USA Track & Field's most outstanding women...in 2002 she enjoyed one of the finest years ever for an American long distance runner...she set a world best road time at the Carlsbad 5000, won her fifth U.S. 8 km cross country title, placed second at the World Cross Country Championships to lead Team USA to the team silver medal, and set the American record in the 10,000 meters...Kastor's marathon debut at the New York City Marathon on November 4, 2001 made her the fourth-fastest American in history with her time of 2:26:58...the time placed her seventh overall and was the fastest debut marathon ever run by an American...suffered an achilles injury just weeks before the 2000 Olympics, taking 10 days completely off from running and then was unable to do proper speed work...her Olympic performance suffered as a result...part of Team USA California training group...set U.S. women's 10,000m record of 30:50.32 at Stanford on May 3, 2002...as a high schooler, Kastor won two California state titles in track and three in cross country while making the finals of the Kinney (now Foot Locker) national cross country championships four times...she got her degree in English/creative writing and journalism at Arkansas during an undergrad running career that saw her win seven Southeastern Conference titles...despite her success, in 1995 and '96 she says she lost her love of running. 'I resolved to move to Colorado after graduation to see if I could find it again'...favorite pastimes include hiking in the mountains, reading, and writing poetry and short fiction...trains more than 100 miles a week and runs with her dog, Aspen, a chocolate lab...says that cross country is her true passion...inducted into the University of Arkansas Sports Hall of Fame in 2001...named USATF's Visa Humanitarian Athlete of the Year in 2002...married Andrew Kastor, who also is her physical therapist, on Sept. 14, 2003 member of Project 30 Task Force and the newly reconstituted Board of Directors...official website is <http://www.deenakastor.com>.

2011: Winner of the Rock n Roll San Jose (1:13:23) and LA Half Marathons (1:11:48). 2nd Place in the Great Cow Harbor 10k (33:21)

2010: Winner of the Rock n Roll Arizona Half Marathon (1:09:43). 2nd Place in the NYRR Half Marathon (1:09:43).

2009: 6th at Chicago Marathon (2:28:50)

2008: Olympic Trials champion (2:29:35)...did not finish Olympic Games marathon due to a broken foot at the 5 km mark...ranked #2 in the U.S. by *T&FN*...best of 2:29:35.

2007: USA Outdoor 10,000m champion (31:57.00)... 6th at World Outdoors (32:24.58)...USA XC champion (26:47)...USA 15km champion (47:20)...7th in 3,000m at Monaco (8:44.45)...4th in 3,000m at London (8:50.90)...1st in 5,000m at Stockholm (14:52.21)...5th at Boston Marathon (2:35:09)...ranked #6 in the world (#2 U.S.) at 10,000m, #1 in the U.S. at the marathon and #3 in the U.S. at 5,000m by *T&FN*...bests of 31:57.00, 2:35:09 and 14:52.21.

2006: Flora London Marathon champion (2:19:36AR)...2nd at Berlin Half-Marathon (1:07:34)...6th at NYC Marathon (2:27:54)...4th in 3,000m at Lucerne (8:56.35)...ranked #1 in the world (#1 U.S.) at the marathon by *T&FN*...best of 2:19:36.

2005: 1st at Chicago marathon (2:21:25)...4th at USA Outdoor Champs (31:45.08)...U.S 8k Champion (25:05)...1st at 8K LaSalle (24:36AR)...1st at Jefferson Hospital Philadelphia

Distance Run marathon (67:53 AR)...ranked #1 in the U.S. in the marathon...bests of 24:36 (8k), 31:45.08 (10,000m), and 2:21:25 (marathon).

2004: Olympic marathon bronze medalist (2:27:20)...Olympic Trials Marathon runner-up (2:29:38)...Olympic Trials 10 km champion (31:09.65 meet record)...ranked #3 at the marathon in the world (#1U.S.) and (#1 U.S.) at the 10,000m by *T&FN*...best of 2:29:38 & 31:09.65.

2003: 12th at World Outdoor Champs in 10,000m (31:17.87)...1st at USA Outdoors (31:28.97)...3rd at Flora London Marathon (2:21:16, American record)...won U.S. Cross Country 8 km (29:06)...2nd at World Country Championships 8 km (26:02)...won her fourth consecutive USA 15 km road title (47:15) bettering her previous American record set at the same event in 2002 (48:12) by 57 seconds...ranked #1 in U.S. at 3,000m, 5,000m and 10,000m by *T&FN*...bests of 31:17.87 & 2:21:16.

2002: Set a world best road time at the Carlsbad 5000 (14:54)... 2nd in 10,000m at Stanford in American record time of 30:52.32...won U.S. Cross Country 8 km (26:31)...won U.S. 15 km title (48:12AR)...2nd at World XC (27:04), leading Team USA to silver-medal team finish...2nd at USA Outdoors 5000m (15:13.93)...6th at LaSalle Bank Chicago Marathon (2:26:53)...ranked #1 at 10,000m, #2 at 5,000m in U.S. by *T&FN*...bests of 15:13.93, 30:50.32AL, 2:26:53PR.

2001: USA Outdoor 10,000m champ (32:05.14)...won U.S. Cross Country 8km (26:14)...won U.S. Marathon Championship (2:26:58)...11th at World Outdoor Championships (32:18.65)...12th at World 8km XC (29:28)...won Boulder Bolder 10km...U.S. 15km road champion at Gate River Run...ranked #1 in 10,000m, #3 at 3000m in U.S. by *T&FN*...bests of 8:45.77, 15:08.02, 32:05.14 and 2:26:58.

2000: Won Olympic Trials 10,000 (31:51.05 meet record), 2nd in 5,000 (15:11.55)...18th in opening 10,000m Olympic heat while competing with an Achilles injury (34:40.86)...set PR at 5,000m in Stockholm Aug. 1 with 14:51.62 (9th)...displayed good speed with PR 8:42.59 for 3000m at Zurich on Aug. 11...won both National Cross Country Champs short (4km) and long course (8km) races...12th at World Cross Country Champs long course race but fell during race after swallowing a bee...set American road record for 5km, running 15:08 at Carlsbad 5000 in March...ranked #1 in 10,000 and #2 in 5,000 in U.S. by *T&FN*... bests of 8:42.59 PR, 14:45.62 PR and 31:51.05 PR.

1999: Won USA XC Long Course race...3rd in 10,000 at USA Outdoors (32:00.72)...11th at World Champs (32:11.14)...bests of 8:45.13, 14:56.84 and 32:00.72.

1998: 4th in USA 8km World XC Trials...20th in World 8km XC Champs...3rd in 5000 (15:41.90 PR) at Mt SAC...10th in 5000 (16:20.37) at USA Champs...6th in 5000 at Stockholm (15:07.83 PR)...ranked #7 in U.S. at 5000 by *T&FN*...bests of 9:06.28 and 15:07.83.

1997: Won World University Games 10,000...won USA XC Champs ...3rd in USA Outdoors 10,000 ...ranked #4 in U.S. at 10,000 by *T&FN*...bests of 9:10.80, 15:43.63 and 32:47.44.

1996: Won SEC Indoor 5000 (16:43.83)...2nd in SEC 3000, 3rd in 5000...5th in 10,000 at NCAA... 5th in 5000 heat at NCAA...20th at USA XC Champs...bests of 9:35.75 and 16:29.17.

1995: Did not compete.

1994: Won SEC Indoor 5000 (16:30.22)... 4th in NCAA 10,000...12th in NCAA XC... 2nd in 5000, 5th in 3000 at SEC...7th in SEC XC...bests of 9:45.31 and 16:45.17.

1993: 2nd at 5000 in NCAA Indoor (15:52.80 PR) ...6th in NCAA XC...5th in 5000 heat at NCAA Outdoor ...won SEC Indoor 5000 (16:34.40)...won SEC 3000 (9:20.87) and 5000 (16:07.73)...ranked #9 in U.S. at 5000 by *T&FN*...bests of 9:16.54 and 15:52.80.

1992: 2nd in NCAA XC...won SEC and District VI XC...redshirted indoor season...8th in NCAA 5000...4th in Olympic Trials 5000...bests of 9:31.28 and 16:21.47.

1991: 4th in NCAA XC, won SEC XC...5th in USA Junior XC Trials...40th in World Junior XC Champs...2nd in National Scholastic 2M (10:41.20)...best of 9:41.6.

1990: 3rd in USA Junior XC Trials...72nd in World Junior XC Champs...6th in Kinney (Foot Locker) national XC finals...best of 9:50.5.

1989: Best of 9:59.22.

1988: Best of 10:04.36.