



2018  
**BIRKIE**  
**Trail Run**  
**Festival**

slumberland  
**BIRKIE**  
*Ski. Run. Bike. Live!*

**Elite Male Athlete Bios**  
*(In Alpha Order)*

**Benjamin Cogger**

- Residence: Duluth, MN
- Birkie Trail Run Festival Event: Half Marathon
- Age: 33
- Career Highlights:
  - 2017 USATF MN Trail Runner of the Year
  - 7<sup>th</sup> in 2017 USATF Half Marathon Trail Championships at the Birkie Trail Run Festival

**Joseph Gray**

- Residence: Colorado Springs, CO
- Birkie Trail Run Festival Event: Half Marathon
- Age: 34
- Career Highlights:
  - 4<sup>th</sup> Place World Mountain Running Championships
  - 1<sup>st</sup> Place in 2017 USATF Half Marathon Trail Championships at the Birkie Trail Run Festival
  - 5 consecutive N. American Central American Mountain Running Titles
  - Xterra Trail Running World Title in 2012, 2016

**Brian Gregg**

- Residence: Minneapolis, MN
- Birkie Trail Run Festival Event: Half Marathon
- Age: 34
- Career Highlights:
  - 2016 Birkie Trail Run Festival Half Marathon Champion
  - 2014 Olympian in Cross Country skiing

**Justin Grunewald**

- Residence: Minneapolis, MN
- Birkie Trail Run Festival Event: Half Marathon
- Age: 32
- Career Highlights:
  - 2<sup>nd</sup> in 2017 USATF Half Marathon Trail Championships at the Birkie Trail Run Festival
  - 2012 US Olympic Trials Marathon Qualifier



2018 **BIRKIE**  
**Trail Run**  
**Festival**

slumberland  
**BIRKIE**  
*Ski. Run. Bike. Live!*

**Nicholas Hilton**

- Residence: Flagstaff, AZ
- Birkie Trail Run Festival Event: Half Marathon
- Age: 29
- Career Highlights:
  - 1<sup>st</sup> Place 2018 Walt Disney World Marathon
  - 2016 Olympic Trials Marathon Qualifier
  - 3<sup>rd</sup> American 2015 Grandma's Marathon

**Samson Mutua**

- Residence: Colorado Springs, CO
- Birkie Trail Run Festival Event: Half Marathon
- Age: 33
- Career Highlights:
  - 4<sup>th</sup> 2018 Pikes Peak Ultra – 30k
  - 3<sup>rd</sup> 2018 Salt Lake City Marathon

**Tyler Sigl**

- Residence: Seymour, WI
- Birkie Trail Run Festival Event: Half Marathon
- Age: 32
- Career Highlights:
  - 2018 US 50 Mile Trail National Champion
  - 1<sup>st</sup> Place 2018 Ultra Race of Champions (UROC)
  - 3<sup>rd</sup> in 2017 USATF Half Marathon Trail Championships at the Birkie Trail Run Festival
  - Competed on the 2016 & 2017 US Trail World teams
  - 2016, 2014 US 50 Mile Trail National champion

**Andy Wacker**

- Residence: Boulder, CO
- Birkie Trail Run Festival Event: Half Marathon
- Age: 30
- Career Highlights:
  - Competed at World Mountain Running Championships



2018  
**BIRKIE**  
**Trail Run**  
**Festival**

slumberland  
**BIRKIE**  
*Ski. Run. Bike. Live!*

## ***Elite Female Athlete Bios***

*(In Alpha Order)*

### ***Brandy Erholtz***

- Residence: Dillon, CO
- Birkie Trail Run Festival Event: Half Marathon
- Birthdate/born: 8/22/1977
- Career Highlights:
  - Represented the US 13x Internationally in Mountain Running.
  - 2x Winner of Mt. Washington Road Race
  - 2008 National Mountain Running Champion
  - 2x Winner of Pike's Peak Ascent
  - 3x US Snowshoe National Champion

### ***Megan Lacy***

- Residence: Boise, ID
- Birkie Trail Run Festival Event: Half Marathon
- Age: 24
- Career Highlights:
  - 1<sup>st</sup> at 2018 Race to Robie Creek

### ***Emily Renner***

- Residence: Westminster, CO
- Birkie Trail Run Festival Event: Half Marathon
- Age: 29
- Career Highlights:
  - 5<sup>th</sup> at 2018 USATF 30k Championships
  - 4<sup>th</sup> at 2018 Barr Trail Mountain race
  - 6<sup>th</sup> at 2018 Pike's Peak Ascent
  - Silver Medalist- US Snowshoe Nationals, 2018

### ***Meghan Roche***

- Residence: Palo Alto, CA
- Birkie Trail Run Festival Event: Half Marathon
- Age: 28
- Career Highlights
  - 2014 - USATF 50K Trail Champion (Course Record Holder); USATF 10K Trail Champion; USATF Sub Ultra Trail Runner of the Year; US Mountain Running Team
  - Collegiate Running Association Female Runner of the Year, 2015
  - Bronze Medalist, XTERRA Trail Run World Championships
  - Leadville Heavy Half Marathon, Course Record Holder, 2014