

2012 Female Runner Of The Year

(For Dawn Grunnagle, 2012 was when she reignited her competitive side, and she showed it by not only winning races in the DFW area but making an impact nationally)



Selecting the 2012 Female Runner of the Year was again not an easy choice, but Dawn Grunnagle of Dallas had enough on her résumé to earn the award. She not only made an impact locally, but had success nationally, set personal bests along the way and has qualified provisionally for the U.S. Olympic Trials in the 800 meters. Among her Dallas-Fort Worth victories were the Trinity River Levee 5K (17:41), Christmas in July 5K (17:52.8), Candelighters 5K (17:36.2), Lake Joe Pool 10K (37:23.4), Komen Dallas Race For the Cure (16:39), 13.1 Marathon (1:17:10), and Holiday Hustle 8K (28:54). She also added an impressive victory over elite women at the Music City Mile on Aug. 16 in Nashville, Tenn., with a 4:49.71.

By Dawn Grunnagle

Reflections of 2012

When looking back on 2012, I am most proud of how I raced and reignited that side of me who loves to compete. When I first started racing for the Nike Oregon Project under Alberto Salazar, I was very intimidated by all the women I raced, and worried about how fast they were compared to me. As the season went on, I learned that I was competing with myself to become the best athlete I could be no matter where that landed time, place or in practice on a weekly basis. To be able to have the chance to compete with some of the best female track athletes in the U.S. at the Indoor Championships was a huge honor. I am also very proud to have improved my college PR in outdoor track in the 1,500 meters by 4 seconds 12 years later at age 34 and qualify provisionally for the U.S. Olympic Trials. (4:15.25)

I have taken so much from this year mentally and physically as an athlete. When starting my training with Joe Boyle, he really focused on and helped me gain the confidence and mental strength to compete with anyone at any distance. Winning the 5K Komen was exciting for me because it is a race that stands for such a great cause. I also surprised myself to win two half-marathons coming off of an 800m/1500m track base, knowing that it is mostly mental that got me through those longer races. Overall, I feel very blessed to be healthy and competing at a high level. It is a gift I will never take for granted.

Highlights:

January 28~ UNM Invitational 600 meters, 2nd place, 1:34:13

Feb. 4~New Mexico Collegiate Classic Champion, 800 meters, 2:09.83

February 11- Husky Classic, University of Washington, **Qualified for Indoor National Championships in 800 meters, 2:08.75**

February 18~ Kent State Tune-Up, 800 meter, 2nd place, 2:09.08

February 25~ Competed at **Indoor National Championships** Albuquerque, N.M., 800 meters, 14th place, 2:10.07

March 3~March 3~ Margaret Hunt Hill Bridge for Trinity Levee Run 800-meter Sprint Invitational Champion, 2:08 and (10 minutes later) 5K Champion Trinity Levee Run, 17:41

April 21~Oregon Relays 1500 meters, 6th place, 4:19.18

May 5~Oregon Twilight Meet 800 meters, 6th place, 2:10.49

May 19~USATF Occidental High Performance Meet, 8th place, 1,500m, 4:16.30

May 30~USA Milers' Club Open Meet 2nd Place, 800m, 2:09.25

June 2~2:09.83 (Albuquerque, New Mexico) 800m Champion-New Mexico Classic

June 11~ Harry Jerome Track Classic, 1500m, 10th place, 4:19.09

June 13~1,500 meter PR--4 seconds faster than college PR --Victoria, Canada 4:15.25 **Olympic Trials Provisional Qualifier** (note* this PR beat college PR from 12 years earlier)

June 17~American Miler's Club, 7th place, 4:17.43

July 3~ Light Up Arlington 3K Champion, 11:03

July 21~Christmas in July 5K Champion, 17:51.8

August 6~DRC Relay 3 x 2 miles Co-Ed Champions (Clint Bell)

August 16~ Music City Mile Champion 4:49.71

August 25~N.E.W. Oconto(WI) Half Marathon Champion, 1:23.54

August 31- Zilker Relays, 2nd place team-Sweet Speed

September 9~ 8th place Minnesota Mile 4:48.2

September 29~Candlelighter's Night Run 5K-Champion-17:36.2

October 13~Lake Joe Pool Pumpkin Run 10K Champion-37:23.4

October 20~Komen Race for the Cure 5K Champion (5K Road PR~16:39)

October 28~All-State 13.1 Champion (Half Marathon PR-1:17:10)

November 11~Rock N' Roll San Antonio Half Marathon Champion, 1:18:06

December 9~Metro PCS-Dallas Marathon-Women's Relay Team-Santa Speedy Helpers #1-Member of undefeated women's relay team (anchor leg), Our team created a charity event for Captain Hope's

Kids to collect shoe boxes filled with hats, scarves, gloves and toiletry items for homeless children in Dallas ages newborn-17 years old. (185 boxes collected)

December 29~Plano Pacers 8K Champion -- broke women's record -- 28:54 (previously set by Emily Field)

December~ SpeedKidz grew into a larger camp with 28 athletes participating, 5 athletes on scholarship. Featured on WFAA-Channel 8 News. (see link below)

<http://www.wfaa.com/sports/Local-runner-coaching-Speedkidz-185711812.html>

2013 Goals

Sub 4:10 1,500 meters

Sub 16:00 5K

Sub 34:00 10K

Sub 1:15 Half Marathon

2016 Olympic Trials Qualifier

Grow SpeedKidz into a free speed/agility program for all young athletes to participate.