



Minnesota
Distance
Elite

ANNUAL REPORT 24⁰

OLYMPIC EDITION*



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A MESSAGE FROM OUR HEAD COACH

"2024 MARKED MY EIGHTH YEAR AS HEAD COACH OF MINNESOTA DISTANCE ELITE, AND IT WAS ONE OF THE MOST REWARDING AND MEMORABLE SEASONS WE'VE HAD. ONE OF THE DEFINING HIGHLIGHTS WAS DAKOTAH POPEHN'S (LINDWURM'S) INCREDIBLE YEAR—QUALIFYING FOR HER FIRST OLYMPIC GAMES BY PLACING THIRD AT THE U.S. OLYMPIC TRIALS MARATHON, THEN GOING ON TO FINISH AS THE TOP AMERICAN WOMAN IN PARIS. HER PERFORMANCE ON THE WORLD STAGE WAS A MOMENT OF PRIDE FOR OUR ENTIRE TEAM AND A REFLECTION OF THE YEARS OF HARD WORK SHE'S PUT IN.

WE ALSO WELCOMED SOME EXCITING NEW ATHLETES, INCLUDING CAILIE HUGHES, A 12-TIME BIG 12 CHAMPION WHOSE EXPERIENCE AND DRIVE HAVE ALREADY MADE A POSITIVE IMPACT ON THE TEAM. TANNER MAIER MADE HUGE LEAPS FORWARD IN 2024, CUTTING SIGNIFICANT TIME OFF HIS PERSONAL BESTS IN THE 1500M AND MILE AND SETTING A NEW STANDARD FOR WHAT'S POSSIBLE WHEN CONSISTENT TRAINING MEETS BELIEF AND OPPORTUNITY.

WITH OUR LARGEST ROSTER TO DATE, THE TEAM ENVIRONMENT HAS NEVER BEEN STRONGER. THE DEPTH ACROSS EVENT GROUPS MEANS EVERY ATHLETE HAS GREAT TRAINING PARTNERS TO PUSH AND SUPPORT THEM. AND BEYOND THE RACES AND WORKOUTS, I'M MOST PROUD OF THE WAY THIS TEAM CONTINUES TO SHOW UP FOR THE BROADER RUNNING COMMUNITY—WHETHER IT'S VOLUNTEERING AT YOUTH EVENTS, LEADING FUN RUNS, SPEAKING AT RACES, OR JUST CONNECTING WITH FANS AND SUPPORTERS. THAT RECIPROCAL ENERGY WITH THE COMMUNITY ISN'T JUST IMPORTANT—IT'S CORE TO WHO WE ARE.

WE'RE GRATEFUL FOR EVERYTHING 2024 BROUGHT US, AND WE'RE ALREADY BUILDING TOWARD THE NEXT SEASON AND THE NEXT OLYMPIC CYCLE. THANK YOU TO EVERYONE WHO CONTINUES TO BELIEVE IN OUR MISSION AND SUPPORT THESE ATHLETES ON THEIR JOURNEY."

-Lundo



**CHRIS
LUNDSTROM**

MEET THE TEAM



**DAKOTAH
POPEHN**



**ANNIE
FRISBEE**



**CAILIE
HUGHES**



**RACHEL
ANDERSON**



**ELENA
HAYDAY**



**DANA
FEYEN**



**MAKENNA
THURSTON**



**JOEL
REICHOW**



**BREANNA
SIERACKI**



**CAILEE
PETERSON**



**CLAYTON
DUCHATSCHKE**



**TITUS
WINDERS**



**JP
TROJAN**



**ADAM
SWANSON**



**JOSEPH
MINOR**



**KEVIN
LEWIS**



**BRAXTON
BRUER**



**MERGA
GEMEDA**



**TANNER
MAIER**



**TYLER
JERMANN**



**NADIR
YUSUF**



COLLEGIATE INSTITUTIONS REPRESENTED



MISSION & VISION

MINNESOTA DISTANCE ELITE (MDE) BEGAN IN 2001 AS A 501(C)(3) NONPROFIT, FOUNDED UNDER THE BOLD VISION OF PATRICIA GOODWIN—KNOWN TO MANY SIMPLY AS "PAT." SINCE DAY ONE, WE'VE DEDICATED OURSELVES TO SUPPORTING POST-COLLEGIATE DISTANCE RUNNERS WITH THE COACHING, STRUCTURE, AND TEAM ENVIRONMENT THEY NEED TO TRAIN AT THE HIGHEST LEVEL, COMPETE ON NATIONAL AND INTERNATIONAL STAGES, AND STAY ROOTED IN THE MINNESOTA COMMUNITY.

WE DON'T JUST TRAIN RUNNERS—WE DEVELOP CHAMPIONS. MDE ATHLETES HAVE EARNED TWO OLYMPIC BERTHS, CLAIMED A NORTH AMERICAN CROSS COUNTRY TITLE, AND WON 24 NATIONAL CHAMPIONSHIPS. OUR TEAM HAS NOTCHED 80 PODIUM FINISHES AT U.S. CHAMPIONSHIPS AND PLACED 30 ATHLETES ON WORLD CHAMPIONSHIP TEAMS. THESE MILESTONES REFLECT NOT JUST TALENT, BUT THE POWER OF CONSISTENT SUPPORT AND COMMUNITY.

HELP US CHAMPION THE NEXT GENERATION OF AMERICAN DISTANCE RUNNING—YOUR SUPPORT MAKES THE MILES POSSIBLE!



OUR INCREDIBLE BOARD



THANK YOU TO OUR INCREDIBLE BOARD FOR THEIR TIME AND RESOURCES CONTRIBUTED TO THIS TEAM!
MDE WOULD NOT BE WHAT IT IS TODAY WITHOUT YOUR SUPPORT!



MINNESOTA DISTANCE ELITE PRESIDENT

CODY MIKL, PHD CANDIDATE.
DIRECTOR OF OPERATIONS FOR WELLNESS AND
RECREATION AT THE UNIVERSITY OF MINNESOTA



VICE PRESIDENT

DAVE SMISEK



SECRETARY

JULIE MCDANIEL, ME
COMMUNITY LEADER AND
NONPROFIT EXPERT



TREASURER

ERIC LOEFFLER



MEMBER AT LARGE

CURT BOEHM, M.D.
INTERNAL MEDICINE PHYSICIAN
& CLINICAL HIT LEADER



MEMBER AT LARGE

VIRGINIA BROPHY ACHMAN, MA,
EVENT ORGANIZER AND
DIRECTOR WITH VPREPARED



MEMBER AT LARGE

ANGELA VOIGHT, M.D.
MEDICAL DOCTOR WITH SUMMIT
ORTHOPEDICS



MEMBER AT LARGE

CHRIS TUROSKI, J.D.
DIRECTOR & ASSISTANT
PROFESSOR OF PATENT LAW



MEMBER AT LARGE

ADAM LINDAHL,
OWNER OF TC RUNNING CO.



MEMBER AT LARGE

DAN COHEN, MS,
CHIEF PERFORMANCE OFFICER AT
HUMAN POWERED HEALTH



MEMBER AT LARGE

ED WHETHAM,
DIRECTOR OF EVENT OPERATIONS
AT TWIN CITIES IN MOTION



MEMBER AT LARGE

LUKE CARLSON, MS, PHD.
FOUNDER AND CHIEF EXECUTIVE
OFFICER OF DISCOVER STRENGTH

[illegible]

MDE DONOR SPOTLIGHT

JIM AND BEV DOCHERTY

QUESTION: WHAT DREW YOU TO BE A PART OF MDE'S MISSION AND COMMUNITY?

ANSWER: "WE LOVED SEEING ATHLETES WHO SHOWED PROMISE EARLY IN THEIR CAREERS FINALLY GET SUPPORT POST-COLLEGIATELY; WITH COACHING, HOUSING, STIPENDS, MEDICAL SUPPORT, STRENGTH, TRAVELS.... THIS WAS SOMETHING NEW; PROGRESSIVE THINKING AND DOING, WHICH WE WOULD HAVE APPRECIATED BACK IN THE DAY OF OUR RUNNING CAREERS."

QUESTION: WHAT INSPIRED YOU TO SHARE A GIFT FOR LAST YEAR'S FUNDRAISER?

ANSWER: "THE NUMBER OF OLYMPIC TRIALS QUALIFIERS FROM MDE IN 2024 WAS INSPIRATIONAL! SO MANY ATHLETES WITH LEGITIMATE CHANCES TO MAKE THE TEAM, RACE AT THE HIGHEST LEVEL, PR, AND REPRESENT THE STATE OF MINNESOTA-AWESOME!"

QUESTION: WHY DO YOU BELIEVE IT'S IMPORTANT TO SUPPORT POST-COLLEGIATE ATHLETES?

ANSWER: "MANY OF THESE ATHLETES ARE JUST BEGINNING TO DEVELOP AS DISTANCE RUNNERS. PUTTING IN THE REQUIRED TIME TO BECOME ELITE OR A PRO IN THE SPORT OF RUNNING IS QUITE CHALLENGING. THERE'S LITTLE COMPARISON, FINANCIALLY, TO WHAT ATHLETES IN OTHER PRO SPORTS ARE PROVIDED. GIVING MDE ATHLETES SOME FINANCIAL SUPPORT TO MAKE THEIR JOURNEY LESS STRESSFUL, TO FEEL SUPPORTED IN REACHING THEIR POTENTIAL AND CONTINUE THEIR PROGRESS TOWARDS THEIR DREAMS ON THE ROADS AND TRACK IS SOMETHING THAT CAN MAKE A DIFFERENCE FOR SO MANY - WE HOPE!"

QUESTION: IF YOU COULD SHARE ONE MESSAGE WITH FELLOW SUPPORTERS OR THOSE CONSIDERING A GIFT, WHAT WOULD IT BE?

ANSWER: "IT SURE FEELS GOOD TO SUPPORT THESE UPSTANDING, OUTSTANDING INDIVIDUALS! THEY WORK SO HARD, PUT IN SO MANY HOURS OF TRAINING, AND NEVER DISAPPOINT!"



2024 STANDOUT RESULTS

ANNIE FRISBIE

1:07:34 COURSE RECORD AT GARRY BJORKLUND
HALF (6TH ALL-TIME U.S.)

2ND PLACE AT U.S. 25K CHAMPIONSHIPS (UNDER
PREVIOUS AMERICAN RECORD)

TANNER MAIER

3:37.82 1500M AT PORTLAND TRACK FESTIVAL
(TEAM RECORD)

DAKOTAH POPEHN

3RD AT U.S. OLYMPIC MARATHON TRIALS; 12TH AT
OLYMPIC GAMES

CAILEE PETERSON

2ND PLACE, 4:26.3 AT RYAN SHAY MILE

USATF CLUB NATIONALS

MDE WOMEN – 1ST PLACE TEAM AT USATF CLUB
XC NATIONALS

MDE MEN – 2ND PLACE TEAM AT USATF CLUB XC
NATIONALS

JP TROJAN

10TH AT BIX 7 MILE

JOEL REICHOW

2:12 AT NYC MARATHON

TITUS WINDERS

2ND PLACE, 23:10 AT SHAMROCK SHUFFLE 8K

BREANNA SIERACKI

1:10:55 AT ARAMCO HOUSTON HALF MARATHON
(12TH U.S. 2024 LIST)



HOUSTON MARATHON

HOUSTON, TEXAS



AT THE 2024 CHEVRON HOUSTON MARATHON AND ARAMCO HALF MARATHON, MINNESOTA DISTANCE ELITE MADE A STRONG STATEMENT AS THEY FINE-TUNED THEIR FITNESS AHEAD OF THE U.S. OLYMPIC TRIALS. KNOWN FOR ITS FLAT, LIGHTNING-FAST COURSE AND DEEP ELITE FIELDS, HOUSTON OFFERS ONE OF THE BEST OPPORTUNITIES IN THE COUNTRY TO RACE AGAINST TOP-TIER TALENT AND CHASE PERSONAL RECORDS—AND MDE ATHLETES SEIZED THAT CHANCE. BREANNA SIERACKI LED THE CHARGE WITH A BREAKTHROUGH PERFORMANCE IN THE HALF MARATHON, RUNNING A PERSONAL BEST OF 1:10:55—A MAJOR MILESTONE THAT REFLECTED HER SHARP FITNESS AND SMART EXECUTION. SHE WAS JOINED BY JOEL REICHOW, J.P. TROJAN, AND KEVIN LEWIS, WHO EACH USED THE IDEAL CONDITIONS TO DIAL IN PACING AND FUELING STRATEGIES WHILE GAINING EXPERIENCE IN A HIGH-PRESSURE, COMPETITIVE FIELD. ANNIE FRISBIE AND DAKOTAH POPEHN (FORMERLY LINDWURM) ALSO RETURNED TO HOUSTON, USING THE RACE AS A KEY SIMULATION TO TEST THEIR OLYMPIC TRIALS READINESS. WITH COOL WEATHER AND A COURSE BUILT FOR SPEED, THE EVENT PROVED TO BE THE PERFECT DRESS REHEARSAL FOR THE WARM, TACTICAL CHALLENGE AWAITING THEM IN FLORIDA—OFFERING BOTH CONFIDENCE AND CRITICAL FEEDBACK AS THEY ENTERED THEIR FINAL WEEKS OF PREPARATION.

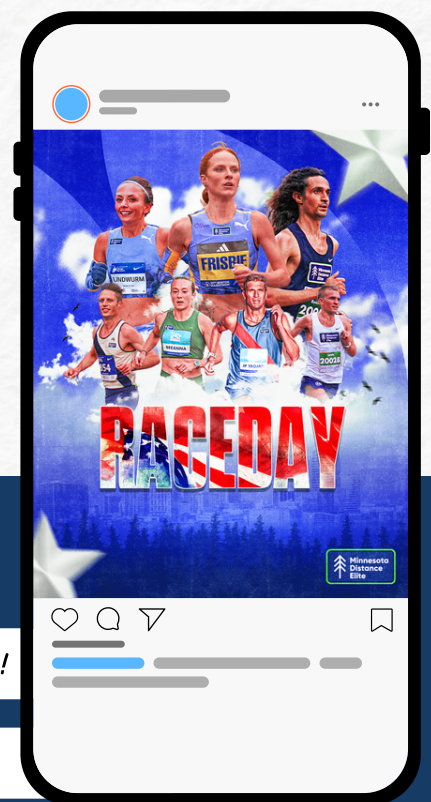
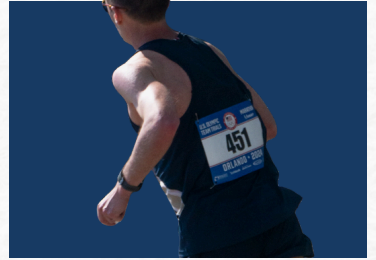
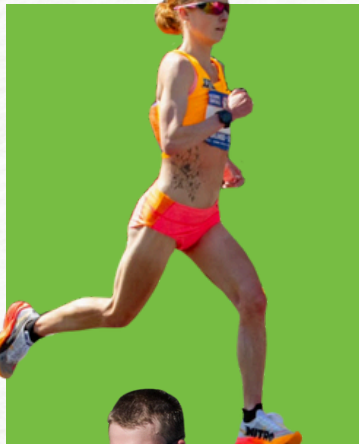


OLYMPIC TRIALS

ORLANDO, FLORIDA.



MINNESOTA DISTANCE ELITE BROUGHT DEPTH, GRIT, AND HEART TO THE 2024 U.S. OLYMPIC MARATHON TRIALS IN ORLANDO, WHERE SEVEN ATHLETES—DAKOTAH LINDWURM, ANNIE FRISBIE, BREANNA SIERACKI, JOEL REICHOW, KEVIN LEWIS, TYLER JERMANN, AND J.P. TROJAN—LINED UP ON A BRUTALLY HOT AND HUMID FEBRUARY MORNING. WITH TEMPERATURES CLIMBING INTO THE 70s AND RELENTLESS SUN ON THE EXPOSED COURSE, CONDITIONS TESTED EVEN THE MOST SEASONED MARATHONERS. DESPITE THE HEAT, LINDWURM DELIVERED A GUTSY AND STRATEGIC RACE, PUSHING THROUGH THE TOUGHEST MILES TO FINISH THIRD OVERALL IN 2:25:31, EARNING HER FIRST OLYMPIC BERTH. SHE AND ANNIE FRISBIE WORKED TOGETHER THROUGH THE EARLY AND MIDDLE STAGES OF THE RACE, HELPING EACH OTHER STAY COMPOSED AND ON PACE IN THE SWELTERING CONDITIONS. ON THE MEN'S SIDE, JOEL REICHOW STOOD OUT WITH A STRONG AND STEADY PERFORMANCE, NAVIGATING THE CHALLENGING CONDITIONS WITH CONFIDENCE AND POISE. THE REST OF THE MDE TEAM RAN COMPOSED, INTELLIGENT RACES, SHOWING MDE'S DEPTH AND DISCIPLINE UNDER PRESSURE.



PUMA HAD A GOOD DAY!

CONGRATULATIONS, SUCH A DISPLAY OF TOUGHNESS! WHAT A REWARD!

THIS IS BEAUTIFUL!



LOSING MY MIND!

ALL OF MN IS CHEERING!

AAAAAAAAAAAAAAAAAAAAAMAZING!

CONGRATS!

DREAMS DO COME TRUE!



WHAT A DAY!

GO TEAM GO!

GO TEAM MINNESOTA!

MINNESOTA STRONG!

WITH A SMILE ON HER FACE

INAUGURAL MINI-APPLE NIGHT OF MILES



MINNESOTA DISTANCE ELITE'S INAUGURAL MINI-APPLE NIGHT OF MILES ON JUNE 13, 2024, LIT UP THE WASHBURN HIGH SCHOOL TRACK WITH A FESTIVE MIX OF RACING AND COMMUNITY CONNECTION. FAMILIES, FANS, AND RUNNERS OF ALL AGES GATHERED UNDER THE WARM SUMMER SKY, WITH KIDS' SPRINTS, FOOD TRUCKS, AND MUSIC SETTING THE TONE FOR AN UNFORGETTABLE EVENING. THE ENERGY BUILT STEADILY THROUGH THE ALL-COMERS HEATS UNTIL IT PEAKED DURING THE ELITE MILES, WHERE THE CROWD ROARED AS THE MEN'S FIELD CAME THRILLINGLY CLOSE TO BREAKING THE COVETED 4-MINUTE BARRIER. THE WOMEN'S ELITE RACE WAS EQUALLY ELECTRIC, WITH A FRONT-RUNNER CLOCKING A STANDOUT 4:35. WITH EVERY LAP, CHEERS ECHOED UNDER THE LIGHTS, TURNING THE MEET INTO MORE THAN A RACE—IT WAS A CELEBRATION OF LOCAL TALENT, SPEED, AND THE SHARED LOVE OF THE SPORT. THE 2024 MINI-APPLE NIGHT OF MILES MADE IT CLEAR: THIS NEW TRADITION IS HERE TO STAY.

PROFESSIONAL CHAMPS

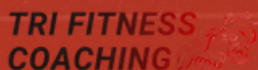


ELITE HIGH SCHOOL VICTORIES



THANK YOU
EVENT SPONSORS!

PHOTO CREDIT: KATRINA GAISFORD



GRANDMAS'S MARATHON



DULUTH, MINNESOTA

ANNIE FRISBIE DELIVERED A HISTORIC PERFORMANCE AT THE 2024 GARRY BJORKLUND HALF MARATHON IN DULUTH, RACING TO A BLAZING 1:07:34 AND SHATTERING THE WOMEN'S COURSE RECORD BY NEARLY TWO MINUTES. HER TIME NOW STANDS AS THE FASTEST EVER RECORDED IN RACE HISTORY. ON A COOL, CALM JUNE MORNING, FRISBIE PULLED AWAY FROM A STRONG FIELD THAT INCLUDED HER MINNESOTA DISTANCE ELITE TEAMMATE DAKOTAH LINDWURM, WHO HAD RECENTLY QUALIFIED FOR THE U.S. OLYMPIC MARATHON TEAM. LINDWURM FINISHED SECOND IN 1:08:03, BUT IT WAS FRISBIE'S RECORD-SETTING EFFORT THAT STOLE THE SPOTLIGHT AND SIGNALLED HER READINESS FOR EVEN BIGGER STAGES AHEAD.



IN MY OWN WORDS – A MESSAGE FROM ANNIE

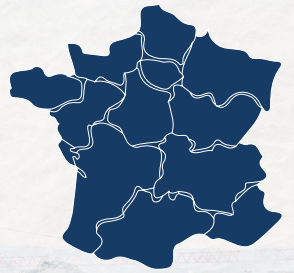
"AFTER FALLING SHORT OF MY GOALS AT THE OLYMPIC TRIALS IN FEBRUARY, I FELT A LEVEL OF DISAPPOINTMENT THAT I HADN'T YET EXPERIENCED IN MY RUNNING CAREER. I GAVE MYSELF TIME TO PROCESS THE HEARTBREAK, AND SLOWLY, I WORKED MY WAY BACK. THAT SPRING I RACED ALL DISTANCES RANGING FROM THE MILE TO 25K AND HAD THE GARRY BJORKLUND HALF MARATHON AS MY SEASON FINALE. EACH RACE ALONG THE WAY MADE ME A LITTLE STRONGER, A LITTLE MORE CONFIDENT, BUT A WIN CONTINUED TO ELUDE ME. BY THE TIME I ARRIVED IN DULUTH, I WAS FIT, READY, BUT STILL WONDERED IF I WAS CAPABLE OF CROSSING THE LINE FIRST.

THE NIGHT BEFORE THE RACE, MY TEAM AND I WENT TO THE FAMOUS GRANDMA'S PASTA DINNER, WHERE I SHARED A BRIEF GOODNIGHT WITH MY TEAMMATE DAKOTAH, SOMEONE I DEEPLY ADMIRE AND KNEW WOULD BE MY BIGGEST COMPETITION THE NEXT MORNING. WE HAD PLANNED TO WORK TOGETHER, BOTH AIMING FOR A PERSONAL RECORD AND THE WIN. WHEN THE GUN WENT OFF, WE STARTED JUST UNDER PACE, BUT I FELT SURPRISINGLY RELAXED. A FEW MILES IN, I MADE THE TOUGH DECISION TO SURGE AHEAD AND JOIN A FASTER PACK, BREAKING FROM OUR PLAN. I KNEW IT WAS A RISK, BUT IT FELT RIGHT IN THE MOMENT. AS THE MILES WENT BY, ATHLETES AROUND ME STARTED TO FALL OFF, BUT I STAYED STEADY. BY MILE SEVEN, I COULD HEAR CHEERS FOR DAKOTAH CLOSING IN. I RAN WITH FEAR, BUT SOMEHOW WAS ABLE TO HOLD ONTO THE PACE.

COMING UP THE FINAL HILL, I LENGTHENED MY STRIDE AND DUG DEEP. WHEN I MADE THE FINAL TURN AND SAW THE FINISH LINE, I WAS OVERWHELMED BY A FEELING I HAD NEVER EXPERIENCED BEFORE. I THOUGHT TO MYSELF "WHAT DOES ONE DO WHEN THEY BREAK THE TAPE?" I THREW MY HANDS UP, GLOVES STILL IN HAND, AND CROSSED IN 1:07:34. I HAD DONE IT. TEARS STREAMED DOWN MY FACE AS I EMBRACED MY BOYFRIEND, MY PARENTS, DAKOTAH, AND EVEN GRANDMA HERSELF, HOLDING A BOUQUET OF FLOWERS. THIS WIN WASN'T JUST ABOUT BEING FIRST, IT WAS ABOUT CHOOSING TO BELIEVE IN MYSELF AGAIN, AND CELEBRATING WITH THE PEOPLE THAT HELPED GET ME THERE."

OLYMPIC GAMES

 **PARIS, FRANCE.**



DAKOTAH POPEHN (FORMERLY LINDWURM) DELIVERED A REMARKABLE PERFORMANCE AT THE 2025 PARIS OLYMPIC MARATHON, FINISHING 12TH OVERALL AND CLAIMING THE TITLE OF TOP AMERICAN. ON A HILLY AND HUMID COURSE THAT CHALLENGED EVEN THE WORLD'S BEST, POPEHN RAN WITH CONFIDENCE AND TENACITY, BRIEFLY TAKING THE LEAD AROUND MILE 15 BEFORE SETTLING INTO A STRONG, CONSISTENT RHYTHM. HER FINISH TIME OF 2:26:44 REFLECTED BOTH SMART PACING AND DEEP GRIT. IN A RACE WHERE MANY FALTERED IN THE FINAL MILES, POPEHN HELD STEADY—FUELING OFF THE ENERGY OF THE CROWD, INCLUDING A MEMORABLE MOMENT WHEN A YOUNG FAN RAN ALONGSIDE HER NEAR MILE 22. HER PERFORMANCE NOT ONLY STOOD OUT AMONG THE AMERICAN CONTINGENT BUT ALSO AFFIRMED HER PLACE AMONG THE WORLD'S ELITE MARATHONERS.



IN MY OWN WORDS – A MESSAGE FROM DAKOTAH

"TRAINING WITH MINNESOTA DISTANCE ELITE FOR THE PAST SEVEN YEARS HAS BEEN ONE OF THE BIGGEST KEYS TO MY SUCCESS. WHEN I FIRST MOVED TO MINNEAPOLIS IN MARCH OF 2018 TO BECOME A TRAINING PARTNER, I SHOWED UP TO EVERY PRACTICE WITH A MIX OF NERVES AND EXCITEMENT. I FELT HONORED TO RUN ALONGSIDE SOME OF THE BEST ATHLETES IN THE COUNTRY AND TO BE COACHED BY LUNDO. OVER THE YEARS, I'VE TAKEN MY MARATHON PR FROM 2:34 IN MY DEBUT TO 2:24.

THAT 10-MINUTE IMPROVEMENT IS A DIRECT RESULT OF THE CONSISTENCY I'VE BUILT WITH THE SUPPORT OF MDE. LUNDO HAS MAPPED OUT A LONG-TERM PLAN TO HELP ME GROW, NOT JUST AS AN ATHLETE, BUT AS SOMEONE WITH THE POTENTIAL FOR A LONG, SUCCESSFUL CAREER IN THE SPORT. I'M PUSHED EVERY DAY BY MY INCREDIBLE TEAMMATES AND FRIENDS. I'VE (KNOCK ON WOOD) STAYED INJURY-FREE THANKS TO THE AMAZING HEALTHCARE PROFESSIONALS WHO GENEROUSLY DONATE THEIR TIME AND RESOURCES TO SUPPORT US.

WHEN I QUALIFIED FOR THE OLYMPIC MARATHON TRIALS IN 2020, MY GOAL WAS TO LEARN FROM THE LEADERS SO I COULD COME BACK IN 2024 AND TRULY CONTEND FOR A SPOT ON THE TEAM. FAST FORWARD TO FEBRUARY 2024—CROSSING THE FINISH LINE IN 3RD PLACE AND QUALIFYING FOR MY FIRST OLYMPIC TEAM—I WAS OVERWHELMED WITH GRATITUDE FOR MDE AND EVERYONE WHO'S BEEN PART OF THIS JOURNEY. FROM DIVISION II WALK-ON TO OLYMPIAN, ALL BECAUSE MDE AND LUNDO BELIEVED IN ME."

OUR INCREDIBLE COMMUNITY

NONE OF THIS WOULD BE POSSIBLE WITHOUT THE PASSIONATE COMMUNITY THAT SURROUNDS AND SUPPORTS MDE; THEIR BELIEF IN THE TEAM IS A DRIVING FORCE BEHIND EVERY STRIDE. FROM CHEERING ON ATHLETES AT RACES TO SHOWING UP AT SEND-OFFS, EXPOS, AND FUNDRAISERS, THE MDE COMMUNITY IS THE HEARTBEAT OF THE PROGRAM. IN RETURN, MDE DEEPENED ITS COMMUNITY PRESENCE IN 2024 THROUGH A VIBRANT SERIES OF EVENTS CELEBRATING SPORT, CONNECTION, AND SHARED INSPIRATION. THE YEAR KICKED OFF WITH A MARATHON OLYMPIC TRIALS RECAP AND LIVE PODCAST AT TCRC ON FEBRUARY 25, DRAWING FANS EAGER TO HEAR FIRSTHAND INSIGHTS. MDE ATHLETES SUPPORTED YOUTH AND HIGH SCHOOL RUNNERS BY HOLDING FINISH-LINE TAPES AT THE HAMLINE ELITE MEET ON APRIL 26 AND HOSTING THE MINI APPLE NIGHT OF MILES ON JUNE 13. MDE'S BOOTH AT GRANDMA'S MARATHON EXPO ON JUNE 21 AND THE TCM EXPO IN OCTOBER ALLOWED FANS TO ENGAGE DIRECTLY WITH THE TEAM. A HIGH-ENERGY OLYMPICS SEND-OFF AT SUMMIT AND A KARE 11 PEP RALLY RALLIED LOCAL PRIDE. DURING THE OLYMPICS, COMMUNITY MEMBERS AND TEAMMATES GATHERED AT A WATCH PARTY AT RIVERVIEW THEATER TO CHEER ON DAKOTAH POEPHN'S HISTORIC PERFORMANCE. THE FALL FEATURED KIDS CITY XC (WITH STANDOUT LEADERSHIP FROM NADIR), SUPPORT FOR THE BRAVE LIKE GABE 5K, AND AN ATHLETE REUNION DURING TWIN CITIES MARATHON WEEKEND. MDE CLOSED THE YEAR WITH ITS ANNUAL FUNDRAISER ON NOVEMBER 11. ACROSS PODCASTS, SPEAKING ENGAGEMENTS, WARMUPS, AND GROUP RUNS, MDE CONTINUED TO GIVE BACK TO THE VERY COMMUNITY THAT MAKES ITS SUCCESS POSSIBLE—SHARING KNOWLEDGE, TIME, AND INSPIRATION BOTH ON AND OFF THE ROADS.

MDE'S COMMUNITY INVOLVEMENT

735

HIGH SCHOOL
ATHLETES
COACHED

6

RACES MDE
VOLUNTEERED
FOR

122 HRS

MDE
VOLUNTEERED IN
THE COMMUNITY



CLUB CROSS COUNTRY CHAMPIONSHIPS



 **TACOMA, WASHINGTON**

MINNESOTA DISTANCE ELITE DELIVERED A COMMANDING PERFORMANCE AT THE 2024 USATF NATIONAL CLUB CROSS COUNTRY CHAMPIONSHIPS, HELD ON DECEMBER 14 AT CHAMBERS CREEK REGIONAL PARK IN UNIVERSITY PLACE (TACOMA), WASHINGTON. COMPETING AGAINST THE NATION'S TOP CLUB TEAMS, BOTH THE MEN'S AND WOMEN'S SQUADS DEMONSTRATED REMARKABLE STRENGTH, DEPTH, AND COHESION. THE WOMEN'S TEAM CLAIMED THE NATIONAL TITLE, FINISHING FIRST OVERALL WITH 42 POINTS. THEY WERE LED BY CAILIE HUGHES SEVENTH-PLACE FINISH (20:42), WITH STRONG PERFORMANCES FROM MAKENNA THURSTON (21:06) AND CAILEE PETERSON (21:11) CLOSE BEHIND. ON THE MEN'S SIDE, MDE EARNED SECOND PLACE IN A DEEP AND COMPETITIVE FIELD, FUELED BY TITUS WINDERS, WHO LED THE TEAM WITH A 15TH-PLACE FINISH IN 32:22. HE WAS SUPPORTED BY STANDOUT RACES FROM JP TROJAN (32:26) AND CLAYTON DUCHATSCHEK (32:37). MDE'S SIGNATURE TEAM SPIRIT WAS ON FULL DISPLAY, WITH ATHLETES CHEERING ONE ANOTHER ON AND PROUDLY REPRESENTING MINNESOTA ON THE NATIONAL STAGE. THEIR RESULTS AT CHAMBERS CREEK REFLECTED NOT ONLY ELITE PERFORMANCE, BUT ALSO THE STRENGTH OF A COMMUNITY-DRIVEN CULTURE THAT CONTINUES TO ELEVATE THE TEAM.



THANK YOU TO OUR SPONSORS



"Thank you Discover Strength for your incredible support of Minnesota Distance Elite! Your generous support has played a key role in helping my teammates and I pursue our running dreams. We're so grateful for your belief in us and continued investment in our success."

-Annie Frisbee



"Saying 'Thank you,' is simply not enough to express my gratitude for TC Running Co. Their steadfast support keeps me in the best shoes so I can consistently train and achieve my goals."

-Titus Winders



"Dear Grandma's Marathon,

Thank you so much for all you've done for Minnesota Distance Elite. Your support has fostered so many of our dreams, including my Olympic dream. We look forward to many more weekends in Duluth!"

-Dakota Popehn



"Thank you, Twin Cities in Motion! From hosting outstanding local races and helping us connect with the vibrant metro running community, to supporting our competitive endeavors across the country - we truly would not be chasing our dreams without you!"

-Cailee Peterson



"Having access to regular, high precision testing makes a huge difference when chasing big goals; it gives us the data we need to fine tune our training, track progress, and make smart adjustments so we're ready to compete when it matters most. Thank you Human Powered Health for supporting my dreams and welcoming me to the lab with a big smile!"

-Cailee Hughes



"Training Haus is an invaluable resource that makes our team stronger. It's key for both my and my teammates injury prevention, and overall health. I would not be making the progress I am, without their support! Thank you Training Haus and TC Orthopedics."

-JP Trojan



"Hey PRG! Thank you for supporting MDE. Access to treadmills that can keep up with our workout days is extremely important to get the most out of our training. I also really enjoyed the opportunity to connect with people at the Pre-Grandma's Marathon Q&A you hosted!"

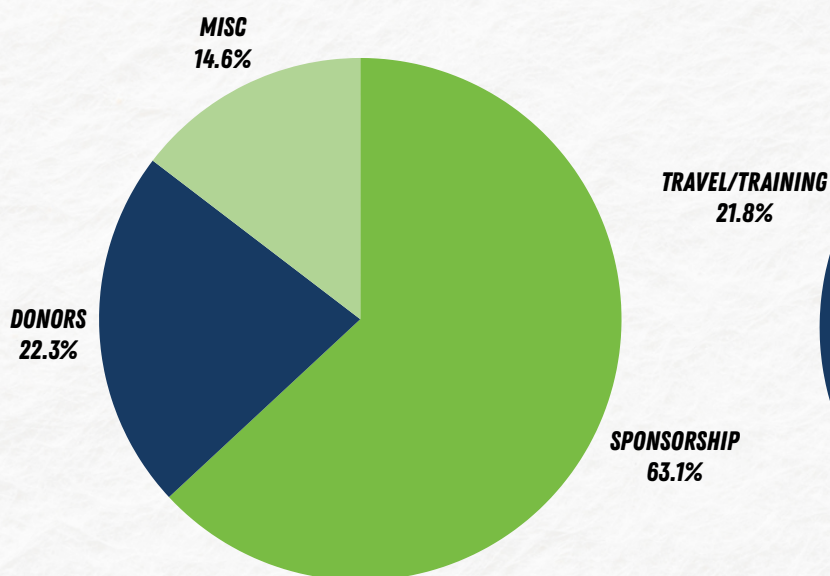
-Joel Reichow

FY24 FINANCIAL POSITION

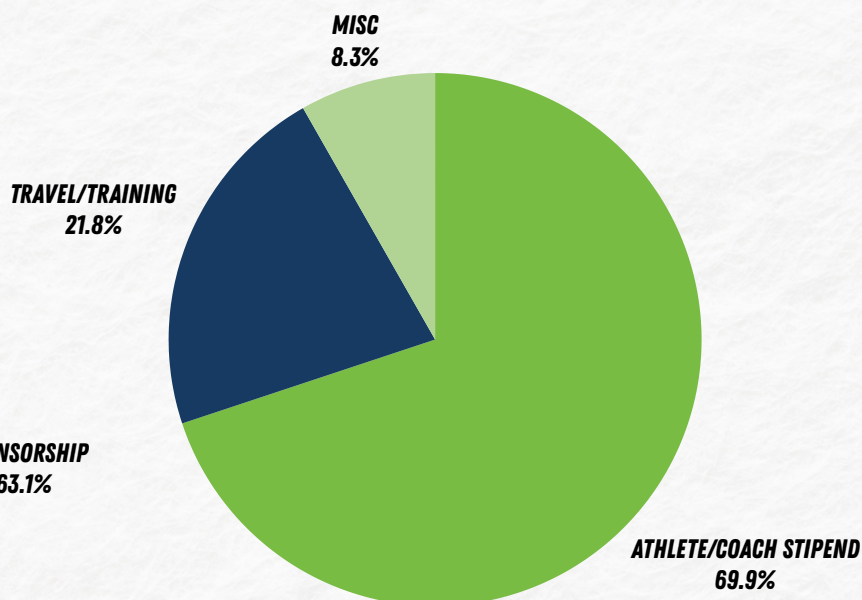
A YEAR OF EXTRAORDINARY GROWTH – AND NEW CHALLENGES

WHILE WE ARE INCREDIBLY GRATEFUL FOR THE GENEROUS SUPPORT FROM OUR COMMUNITY, THE NET OPERATING DEFICIT REFLECTS THE RAPID GROWTH AND COMPETITIVE SUCCESS OF THE TEAM. WITH MORE ATHLETES QUALIFYING FOR MAJOR CHAMPIONSHIPS—including multiple OLYMPIC TRIALS PARTICIPANTS AND AN OLYMPIC BERTH—OUR FINANCIAL AND OPERATIONAL NEEDS HAVE EXPANDED SIGNIFICANTLY. WE WERE FORTUNATE TO RECEIVE A SIGNIFICANT GIFT THAT ALLOWED US TO STEP UP OUR SUPPORT OF OUR ATHLETES IN AN OLYMPIC YEAR - BUT WE ARE LOOKING TO REBALANCE IN 2025. AT THE SAME TIME, WE ARE INVESTING IN THE FUTURE OF MDE BY DEVELOPING NEW REVENUE STREAMS INCLUDING A SPRING AND FALL TRAINING GROUP, A HIGH SCHOOL SUMMER CAMP, AND EXPANDING TO NEW PARTNERSHIPS. THESE STRATEGIC DECISIONS ARE PART OF A LARGER EFFORT TO DIVERSIFY OUR FUNDRAISING MODEL AND ENSURE WE CAN CONTINUE TO SUPPORT OUR ATHLETES WHILE MAINTAINING SUSTAINABILITY LONG-TERM.

REVENUE BY CATEGORY



EXPENSES BY CATEGORY



NET REVENUE
\$130,000

NET EXPENSES
\$206,000

NET OPERATING
-\$76,000

2025 FOCUS

IN 2025, MINNESOTA DISTANCE ELITE IS BUILDING ON OVER TWO DECADES OF EXCELLENCE BY DOUBLING DOWN ON WHAT DRIVES OUR MISSION: HIGH-LEVEL PERFORMANCE, COMMUNITY ENGAGEMENT, AND MEANINGFUL COLLABORATION. WE'LL CONTINUE TO SUPPORT OUR ATHLETES AS THEY TRAIN AND RACE AT THE HIGHEST LEVELS—PURSUING NATIONAL TITLES, PERSONAL BESTS, AND INTERNATIONAL TEAM SPOTS. WE'RE ALSO LAUNCHING A NEW MARATHON COACHING PROGRAM TO CONNECT OUR ATHLETES AND COACHES WITH LOCAL RUNNERS TO COACH THEM TO PERSONAL BESTS. AND FINALLY, WE'RE EXPANDING OUR NETWORK OF PARTNERS AND SUPPORTERS WHO BELIEVE IN THE POWER OF DISTANCE RUNNING TO INSPIRE, CONNECT, AND CREATE LASTING CHANGE.

HELP US GROW MORE TALENT IN THE MIDWEST!



**BECOME AN MDE
SPONSOR**



**TRAIN WITH THE
BEST IN MN**



**EXPLORE MDE
SUMMER CAMP**



THANK YOU!

To Our MDE Community,

Whether you showed up to cheer at a race, volunteered your time, donated to support our athletes, or simply believed in our mission—your support fuels everything we do. Minnesota Distance Elite is more than a team; it's a community built on shared passion, perseverance, and pride.

Because of you, our athletes can train with purpose, compete at the highest levels, and inspire others along the way. Your investment in our journey is deeply felt and deeply appreciated. We're honored to have you with us—and we can't wait to see what we'll accomplish together next.

*With gratitude,
Minnesota Distance Elite.*



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