



Yolanda Flamino

Hansons-Brooks Athlete

PERSONAL BEST

- 1500m – 4:34 (5/99)
- 3000m – 10:02 (5/99)
- 5k road – 16:47 (12/06)
- 5 mile - 28:22 (11/99)
- 10k road - 35:32 (4/01)
- 15k – 54:56 (7/06)
- ½ Marathon – 1:18:49 (1/08)
- 25k – 1:32:48 (5/06)
- Marathon – 2:42:53 (4/08)

CAREER HIGHLIGHTS

Professional:

- 38th, U.S. Olympic Marathon Trials: April 2008
- 2nd, Walt Disney World Half Marathon: January 2008
- 1st (CR), San Francisco Marathon: July 2007
- 5th, Walt Disney World Half Marathon: January 2007
- 30th (15th U.S.), Chicago Marathon: October 2006
- 12th (3rd U.S.), Crim 10M: August 2006
- 1st, Crystal Lake Team Marathon Relay: August 2006
- 13th, Utica Boilermaker: July 2006
- 2nd, Summer Solstice 10K: June 2006
- 1st, Oak Apple 10K: June 2006
- 11th, USA 25K Championships: May 2006

Trinity College:

- 1999 DIII 5K All-American
- 1999 NCAA qualifier in 1500, 3K, 5K, and 10K
- 1999 New England Indoor 5K Champion, ECAC Outdoor 1500m Champion
- 1998 DIII XC All-American
- 1998 New England XC Champion
- 1998 DIII 5K All-American
- 1997-1999 New England 10K Champion, ECAC 5K Champion

[For more information log onto www.Hansons-Running.com]

Hansons 2008

Yolanda Flamino
Focus: Marathon
Age: 31
D.O.B: 11.16.76
Height: 5'5"
Years Run: 15
Hometown: Ellington, CT



Chronicle / Mark Costantini

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*Dreams pass into the reality of action.
From the action stems the dream again;
and this interdependence produces the
highest form of living. –Anais Nin*



An environment for the long run!