



Ryan Sheehan

PERSONAL BEST

- 1500M – 3:49 04/05
- 3000m – 8:09 02/05
- 5k – 14:00 02/04
- 8k XC – 23:55 09/05
- 10K - 28:49 03/05
- 5k road – 14:16 09/06
- 10k road – 29:02 11/06
- 20k road – 1:00:33 09/06
- Half Marathon – 1:03:36 12/07

CAREER HIGHLIGHTS

Baldwin High School (Pittsburgh, PA)

District and State Champion 3200m 2001
 2nd and 5th at 2001, 2000 Indoor 3k State Championship
 11th and 17th at 2000, 1999 PIAA State XC meet

Saint Francis University (Loretto, PA)

2 x Division I All-American (10000m)
 3 x All-Regional in XC (2002, 2003, 2005)
 4 x All-East (2 x 10000m, 3000m, 5000m)
 2 x IC4A Champion (10,000m and XC)
 3 x NEC XC Champion (2002, 2003, 2005)
 6 x NEC Outdoor Track Champion (2 x 10k, 3 x 5k, 4 x 800)
 6 x NEC Indoor Track Champion (4 x 5k, 2 x 3k)

Professional

4th Place at 2007 Dallas White Rock Half Marathon - Dallas
 4th Place Team at 2007 Chiba Ekiden (3rd on Leg) – Japan
 8th Place at 2007 USATF 10 Mile Championships – Twin Cities
 10th Place at 2007 USATF 5k Championships – Providence
 4th Place at 2007 USATF 20k Championships - New Haven
 16th Place at 2007 USATF Half Marathon Championships - Houston
 11th Place at Lotto Cross Cup Hannut (First American) – Belgium
 24th Place at 2006 USATF XC 12k Championships – New York
 10th Place at 2006 USATF 20k Championships – New Haven
 9th Place at 2006 USATF 5k Championships – Providence
 1st Place at 2006 Senior Bowl 10k – Mobile
 3rd Place Team at 2006 Chiba Ekiden(6th on Leg) – Japan

Hansons 2008

RYAN SHEEHAN

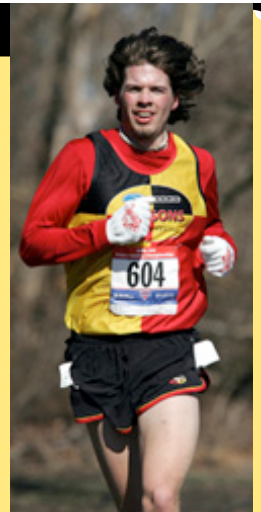
Focus: 5k-10k
Age: 24
D.O.B: 07.21.83
Height: 6'
Weight: 145 lbs.
Years Run: 13

Hometown:
 Pittsburgh, PA

USATF #: 3810274519

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 Rochester Hills, MI 48307

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Hansons-Brooks Athlete

An environment for the long run!