

## Dathan Ritzenhein – Rockford 2001



At Rockford, Ritzenhein made himself a prep legend, winning his first national title as a sophomore. He won two D1 crowns in the 1600 and three in the 3200. He set state records at 1600 (4:05.9), 3200 (8:41.10) and 5000 (13:44.70). He captured Foot Locker nationals twice. At Colorado he won the 2003 NCAA cross country race. He made Olympic teams in 2004 (10,000), 2008 (Marathon) and 2012 (10,000) and held the American Record for 5000 with his 12:56.27.