

US Olympian Meb Successfully Defended His Title in San Jose, CA



(File Photo)

San Jose, CA - October 3, 2010- On a perfect autumn morning in the Bay Area, reigning New York City Marathon champion and U.S. Olympian Meb Keflezighi successfully defended his title at the 2010 Rock ‘n’ Roll San Jose Half Marathon, crossing the finish line in 1 hour, 1 minute and 45 seconds.

Keflezighi, with Mammoth Track Club teammate Patrick Smyth pacing, opened up a lead within the first three miles, hitting the 5K mark at 14:20. He never looked back, keeping a significant lead straight to the finish. As he looks ahead to the ING New York City Marathon on November 7, the 2009 champion of both races says he is hoping for a double repeat performance.

“I felt strong and maintained,” Keflezighi said. “My training is coming along as planned and I hope it goes the same. This is the race I really enjoy though. New York will be all business.”

Teammates Brian Medigovich and Paul Hefferon, representing the Hansons Brooks Distance Project of Rochester Hills, Michigan, came in second and third, running 1:04:55 and 1:05:55, respectively.

Blake Russell, who represented the U.S. in the marathon at the Beijing Olympics, made a successful return to racing after the birth of her first child, winning the women’s race in a swift 1:11:55.....

For more info, please refer to:

http://www.everymantri.com/everyman_triathlon/2010/10/meb-keflezighi-twopeats-san-jose-rock-n-roll-half-marathon-title.html

or,

<http://www.letsrun.com/2010/meb-1003.php#ixzz11Njgy63h>



On Eritrean post event home front reception of the Eritrean Community Center, San Jose, Ca, Eritrean Americans had enjoyed to share his triumph as an EritreanAmerican and to learn who he was as a person and what were his endeavors, “behind the running race”. He disclosed that he was on the process of publishing a book that reflects who he was as an American Eritrean and what he is striving for. His family members and friends were present in the reception prepared on his behalf in running for the San Jose’s Rock N Roll completion of 2010.

Congratulations Meb Kiflezighi from San Jose’s Eritrean Community Center!

Eternal Glory to our Martyrs that pronounced “Eritrea, the land of the great!”