



DOT MCMAHAN



The Elite Group

Recognition Awards ♦ Promotional Products

Dot McMahan

Age: 33

Home: Royal Oak, Mich.

Hometown: Hilbert, Wis.

Dot McMahan ran competitively at the University of Wisconsin-Milwaukee, and continued to compete at the regional level after graduating from college. In 2005, she left her full-time job to train as part of the Hanson-Brooks Distance Project, an Olympic development program based in Michigan for post-collegiate athletes. Dot is no stranger to Green Bay and the Bellin Run; she placed 3rd at the Bellin Run in 2004, and won the Green Bay Half Marathon that same year. Dot took a break in 2009 for the birth of her daughter, but was back full speed after running a personal record 5000 meters on the track in March of 2010 and another personal record in the 25K National Championships in May.

Best Performances

Past Bellin Run Performances

2004	35:56	3rd place overall; 1st place 25-29 age division
2003	37:08	5th place overall; 2nd place 25-29 age division

Personal Bests

800m	2:09
5K (track)	16:37
10K	34:22
25K	1:30:08
Half Marathon	1:13:07
Marathon	2:35:02

Notable Performances

2010	25K National Championships	1:30:08	3rd place
2008	20K National Championships		5th place
2008	U.S. Olympic Marathon Trials	2:35:02	8th place
2007	Boston Marathon		10th American woman
2004	Cellcom Green Bay Half Marathon		1st place