



JOAN SAMUELSON



*bellin*health

Joan Samuelson

Age: 52

Home: Freeport, Maine

Joan set the standard for women runners by winning the first women's Olympic marathon in Los Angeles at the 1984 games. Two years later, in 1986, she ran and won her first Bellin Run, establishing an incredibly fast course record of 31:59, which stood for 13 years. Samuelson went on to win the Bellin Run three more times between 1988 and 1992, and later claiming four divisional titles. Still going strong, at the 2008 U.S. Olympic Team trials, she finished the marathon in 2:49:08, setting a new U.S. 50+ record. She also holds the U.S. 50+ record for the 5K, with a time of 17:24.

Best Performances

Past Bellin Run Performances

2009	36:13	1st place 50-54 age division (age division record)
2008	36:44	3rd place overall; 1st place 50-54 age division
2007	38:20	1st place 50-54 age division
2001	35:40	1st place 40-44 age division
1996	34:40	1st place 35-39 age division
1992	33:37	1st place
1991	33:22	1st place
1988	33:15	1st place
1986	31:59	1st place (former course record)

Notable Marathons

2:21:21	Chicago, 1985
2:22:43	Boston, 1983 (former world record)
2:24:52	Olympics, 1984 (gold medal)
2:35:15	Boston, 1979

Personal Bests

Mile	4:36:48
3,000m	8:53:49
5,000m	15:43
10K	31:36
10 Mile	53:18
Half Marathon	1:08:31
Marathon	2:21:21