



LUKE HUMPHREY



Luke Humphrey

Age: 29

Home: Sidney, Mich.

Luke is currently training as part of the Hanson-Brooks Distance Project, an Olympic development program based in Michigan for post-collegiate athletes. Earlier this year, Luke took 3rd place at the Phoenix Rock 'n Roll Half Marathon. He ran his personal best 10K in 2009 at the Detroit Run for the Zoo, where he was the champion.

Best Performances

Past Bellin Run Performances

2009	30:21	4th place overall; 1st place 25-29 age division
2008	29:57	5th place overall; 3rd place 25-29 age division

Personal Bests

1500m	3:53
Mile	4:10
5K	14:15
10K	29:38
Half Marathon	1:04:05
Marathon	2:15:22

Notable Performances

2010 Phoenix Rock 'n Roll Half Marathon	1:06:02	3rd place
2009 Detroit Run for the Zoo	29:38	1st place
2008 Bloomsday 12K	36:39	1st American
2006 U.S. Half Marathon Championships	1:04:15	