



Dathan Ritzenhein has season-best in 10,000 at World Championships, turns attention to marathons

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on August 11, 2013 at 7:00 PM, updated August 11, 2013 at 7:25 PM

GRAND RAPIDS, MI - Dathan Ritzenhein plans to focus on marathons in the future, but he turned in a satisfying performance Saturday in what he expects will be his last 10,000-meter run in a while.

The 2001 Rockford High School graduate finished 10th at the IAAF World Championships in 27 minutes 37.90 seconds, his best time of the season.

Ritzenhein's Nike Project teammate, Mo Farrah of Great Britain, repeated his 2012 Olympic performance with a winning time of 27:21.71.

More: See the 10,000 meter results

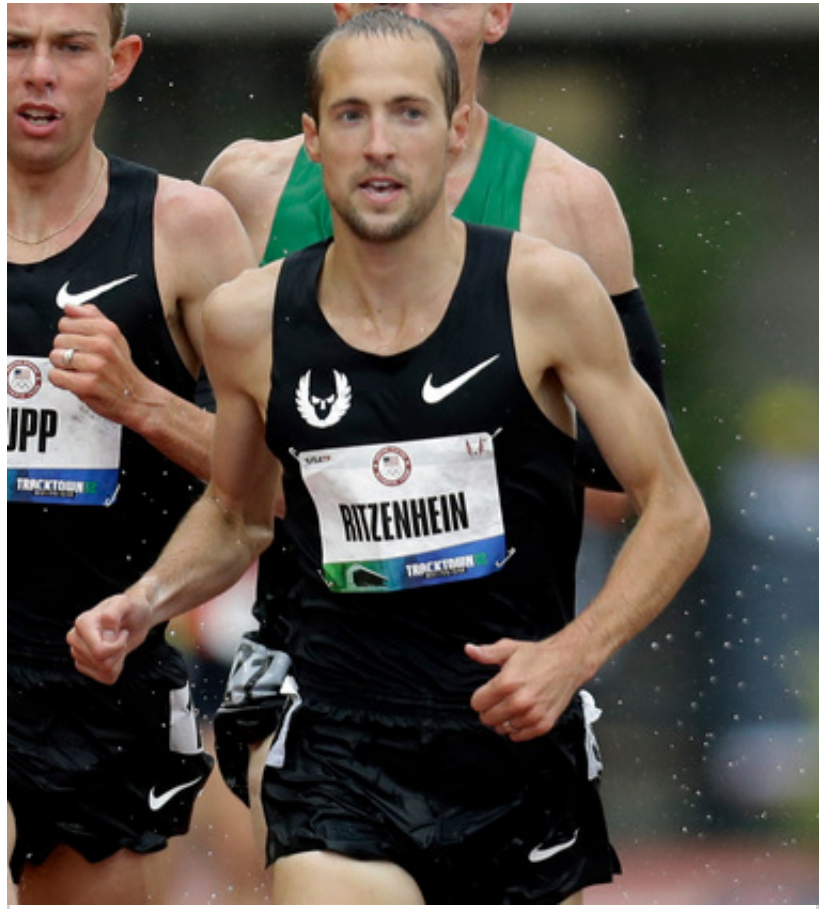
Ritzehein was the second American, behind Galen Rupp, who finished fourth in 27:24.39, in the 35-man field.

Afterward, Ritzenhein tweeted:

"Went for it tonight. Not much in the last lap but still happy to have put it out there. On to the marathon training! Thx 4 all the support!"

In late June, Dathan Ritzenhein finished second in the 10,000 meters at the U.S. Outdoor Track & Field Championships to qualify for the World Championships. He ran 28:49.66. Rupp won in 28 minutes, 47.32 seconds.

Ritzenhein plans to turn his attention now to marathons. He is scheduled to run Oct. 13 in the Chicago



AP file photo

Marathon where in 2012 he turned in a personal-best of 2:07:47 to finish ninth and as the top American. The time was third-fastest ever by an American and improved his previous best by nearly two minutes.

Meanwhile, Grand Rapids resident Tia Brooks qualified for the finals in the shot put. The former Oklahoma star threw 17.92 meters, good for 11th out of 12 qualifiers for Monday's final.

More: See results from shot put qualifying

Another local athlete, Wyoming's Nicole Bush, did not qualify for the finals in the 3,200 steeplechase. She finished in 9:58.03 to finished 25th out of 27. The No. 15 and final qualifier had a time of 9:42.19.

More: See results from the steeplechase heats

Dathan Ritzenhein talks to runnerspace.com about his performance in the 10,000 meters:

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