

Rowbury Aiming to Pick Up Where Kastor Left Off

Shannon Rowbury is a world beater at both the 1500 meters and the mile. This weekend she's going to take on the world's fastest 5k runners by competing in her second Carlsbad 5000. She's the U.S.'s top contender for the win having finished as a runner-up in the event back in 2009.

Here are a five reasons why Rowbury will have a great shot at picking up where the last American woman to win, Deena Kastor, left off.

Reason #1 Experience – Rowbury has previously competed in the Carlsbad 5000 and was the runner-up. She achieved this finish in the 2009. Coming so close to winning this event will give her the confidence she'll need to beat quite possibly the best women's field ever assembled. Her previous experience will likely give her a much needed edge when the race heads into the closing stages and any runner left still in contention reaches within themselves for any mental edge they can utilize to pull away, hold off, or run down those close enough to vie for the win.

Reason #2 Successes on the Road – Even though Shannon hasn't won a 5k on the road, she has had a great deal of success on the roads. She's a two-time winner of the most prestigious road mile in the world, the Fifth Avenue Mile. I don't think she'd mind adding a title from Carlsbad to her road running resume.

Reason #3 Strength-Oriented – Rowbury attributes her successes as a 1500 meter runner to her strength. Her attitude suggests that her abilities as a runner are well-suited for the 5000 meter distance. [Recognizing this about herself encourages her to believe she can do well at this distance and possibly beyond.](#)

Reason #4 Olympic Finalist – Rowbury has found a way to make two Olympic teams, qualifying in 2008 and 2012. And while at those games she has made history by becoming the highest finisher in the 1500 meters finishing 7th in the 2008 final and improving upon that performance by finishing 6th in 2012. She knows how to arise to the occasion on the world's biggest stages. With the Carlsbad 5000 being the world's fastest 5k, I think she'll feel right at home racing for the win.

Reason #5 She's Prepared – The great football coach, Vince Lombardi, said that, "The will to win is not nearly as important as the will to prepare." Running and winning the Carlsbad 5000 isn't just something Rowbury hopes to do, it's a big part of her overall plan. Rowbury, a 1500 meter and 1-mile specialist her entire professional career, has run the 3000 meters and 5000 meters a few times during each season of her professional career. She's made it known that that's going to change over the next few years as she dreams about and prepares for the 2016 Rio Summer Olympics. Rowbury plans on moving up to the 5000 meters with the intention of ["mastering"](#) the event by 2016. And with that in mind she's stated she's ["looking for the win"](#) on Sunday.

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No American woman has won the Carlsbad 5000 since Deena Kastor won it in 2002. From the looks of it, Shannon Rowbury plans on changing that in just a few days.