

It's hard to believe my career began almost 20 years ago when I made my first national team and would compete at the 1999 Pan American Junior Championships. As a naive 16-year old, I never would have imagined still competing 19 years and three Olympic Games later. Don't get me wrong, there were a lot of ups and downs along the way, some that made me question what I was doing and if I mentally had it in me to keep going. The desire to see how good I could be and also the love for the sport kept the drive going.

It's been a hard decision but I'm ready to hang up the spikes and retire from professional track and field. My love for the sport will keep me involved and jumping in the odd road race here and there, but my track days are behind me. I still feel like there is a lot of unfinished business in the sport, but at the same time, I feel good about my decision to retire and take the next step in life. My wife, Theresa, and two children, Gianna and Grayson, have watched me chase my dreams for a long time and I'm ready to just be Dad.

There are a lot of people who played a role in my career. Some of the ones I would like to publicly acknowledge are my coaches, my wife and kids and support team.

My running career wouldn't be where it is today without the amazing coaches I've had along the way. From my first coach in high school, Peter Grinbergs, to my college coach at the University of Michigan, Ron Warhurst, and finally my latest coach, Wynn Gmitroski. All three of these coaches played major roles in my development and I can't thank them enough for the amount of time they spent with me and what I was able to achieve through their guidance.

Theresa has been with me through and ups and downs. She's watched me at the top of my game and also in the lowest of lows and was always right by my side no matter what. It takes a very strong support system to stay in this sport for as long as I have, and I don't know if my career would have been as long without her.

Gianna and Grayson completely changed my running career and gave me a little extra to fight for. Knowing they were sacrificing so much to watch me chase my dreams made me work that much harder.

I've had a great support team off the track with Wynn Gmitroski, John Vargo, Marilou Lamy, Pete Kitto, Leo Kormanek, John Ball and Trisha Haws. It's not easy to stay healthy, but these amazing therapists helped keep me on track. Thank you all for your time and patience.

I've been asked too many times if I've ever run a marathon and my answer is always no. It's time to change that answer, but the only question now is which marathon to do as my first?

Thank you to everyone who's played a role in my career. I've loved every minute and look forward to cheering from the side lines!

Nate