About Michael Oliva

Michael Oliva founded Kotinos Runners in December 2024.

Introduction:

I started running at age 25 and didn't run in high school or college. While I've never won any major events, my history does show that you can achieve consistent long-term results and have fun, even without having a running background.

I've raced over 70 marathons and 11, 100-mile races. I bring a unique perspective to running as I've trained with all levels of runners, ranging from 2:06 marathoners to 6-hour marathoners and every pace in between. I've been lucky enough to train with both top level marathoners and ultra runners in addition to dozens of athletes with disabilities I've helped guide over the years.

Running Career Highlights:

- Guiding athletes with Achilles International from 2005 to the Present (www.achillesinternational.org).
  I started guiding visually impaired and other athletes with disabilities in Central Park in New York in 2005. I moved to Colorado in 2012 and started the Denver Chapter of Achilles in 2013 and was the President of Achilles Denver from 2013-2017. I've guided athletes with disabilities on hundreds of runs and races; including guiding in over 20 marathons.

- Living and training in Sleepy Hollow, NY with elite Kenyan and other top-level runners from 2007-2009. We were all part of the Westchester Track Club, coached by the legendary Mike Barnow. I ran with WTC regularly from 2006-2009 and our daily training runs were at Rockefeller Park in Sleepy Hollow. The house was also a stopover for many elite Kenyan athletes traveling to the US for races.

- Training with Edna Kiplagat & Grace Kahura from 2021-2024 in Boulder, Colorado. Edna won the Boston Marathon in 2021 and Grace won the California International Marathon in 2023. I still run sometimes with both of them but the harsh reality for me is they are incredibly fast and I just can't hang in training with them anymore!

- Starting the Holiday Marathons in New York City in 2010. A friend and I organized free running races in New York City's Van Cortlandt Park in the Bronx which took place on major Holidays from 2010-2011. We hosted 13 free marathons, half marathons and 10K races with the largest having over 1,400 runners on Thanksgiving Day in 2011.

Michael Oliva Personal Record's- Pre-Age 40

1 Mile- 4:45	(2007 Armory Track Event-NYC)
5K- 15:59	(2012 Randalls Island Track Event-NYC)
10K- 33:04	(2007 Healthy Kidney 10K, NYC (Central Park)
½ Marathon 1:13	(2007 Niantic Bay Half Marathon, Connecticut)
Marathon- 2:35	(2007-Pocono Marathon, Pennsylvania)
100 Miles- 19:25	(2011-Vermont 100)

Michael Oliva Personal Record's- After Age 40 (Masters)

1 Mile- 5:00   (2023 Ft. Collins Mountain Ave. Mile, Colorado)
5K- 16:20   (2023 USATF 5K Championships-NYC)
10K- 34:06   (2023 Eerie Erie 10K, Colorado)
½ Marathon - 1:13   (2022 Equinox Half Marathon, Ft. Collins, Colorado)
Marathon- 2:37   (2020 Napa Marathon & 2021 CIM Marathon)
100 Miles- 26:30   (2022-Leadville 100)

Marathon Race History:

I've officially raced 43 road marathons and finished 20 of those under 2:50. 40 of the 43 have been under 3 hours. I've guided runners in an additional 22 marathons, paced 2 marathons and run 5 trail marathons for a total of 70+ marathons. I have zero DNF's.

2024- Maine Marathon-2:50
2024- Colfax Marathon-2:48 (Masters Winner)
2024- Boston Marathon-2:47
2024- Miami Marathon- 2:55
2023- Colfax Marathon-2:54
2023- Napa Marathon-2:49
2022- Chicago Marathon-2:54
2022- Colfax Marathon-2:48 (9th place) (Masters Winner)
2022- Boston Marathon-2:40
2022- Napa Marathon-2:40 (Masters Winner)
2021- CIM Marathon-2:37
2021- Boston Marathon-2:40
2020- Napa Marathon-2:37 (Masters Winner) (7th place)
2019- Yonkers Marathon-2:51 (3rd place)
2019- American Discovery Marathon-2:45 (2nd place)
2019- Lake Placid Marathon-2:58
2019- Boston Marathon-2:51
2019- Albany Marathon (Hudson Mohawk)-2:52 (2nd place)
2018- Yonkers Marathon-2:58 (2nd place)
2018- Sri Chimnoy Marathon-2:56
2017- Hamptons Marathon-3:08 (2nd place)
2017- Colfax Marathon-2:58
2016- Colfax Marathon-2:51 (8th place)
2015- Colfax Marathon-2:47 (6th place)
2014- American Discovery Trail Marathon-2:54 (4th place)
2013- Rock & Roll Marathon-Denver-2:47 (8th place)
2013- Steamboat Marathon-2:46 (2nd place)
2012- Albany Marathon (Hudson Mohawk)-2:59 (4th place)
2011- Yonkers Marathon-2:46 (2nd place)
2011- New Jersey Marathon-2:44 (6th place)
2011- Albany Marathon (Hudson Mohawk)-2:49 (2nd place)
2010- NYC Marathon-2:49
2010- Hamptons Marathon-2:49 (2nd place)
2010- Yonkers Marathon-2:54 (3rd place)
2009- NYC Marathon-2:46

2009- Yonkers Marathon-2:51 (5th place)
2008- Rhode Island Breakers Marathon-3:26
2007- Rhode Island Breakers Marathon-2:43 (8th place)
2007- Yonkers Marathon-2:52
2007- Pocono Marathon-2:35 (2nd place)
2006- Philadelphia Marathon-2:40
2006- Westchester Marathon-2:46 (3rd place)
2005-Virginia Beach Shamrock Marathon-4:00 (My 1st marathon. It was so hard!)

Marathon Race Guiding History-Athletes with Visual Impairments and other Disabilities

2024- NYC Marathon-10:44 (guiding Dave Fraser-Wheelchair Athlete)
2023- NYC Marathon-11:12 (guiding Dave Fraser)
2022- NYC Marathon-10:09 (guiding Dave Fraser)
2021- NYC Marathon-11:17 (guiding Dave Fraser)
2020- NYC Marathon (race cancelled due to Covid)
2019- NYC Marathon-12:26 (guiding Dave Fraser)
2018- NYC Marathon-12:54 (guiding Dave Fraser)
2017- NYC Marathon-12:41 (guiding Dave Fraser)
2016- NYC Marathon-12:11 (guiding Dave Fraser)
2015- NYC Marathon-9:10 (guiding Dave Fraser)
2014- NYC Marathon-9:25 (guiding Dave Fraser)
2013- NYC Marathon-9:34 (guiding Dave Fraser)
2012- NYC Marathon (race cancelled due to Hurricane Sandy)
2011- NYC Marathon- 9:37 (guiding Dave Fraser)
2010- NYC Marathon- 10:21(guiding Dave Fraser for 2nd half)
2009- NYC Marathon- 10:38 (guiding Dave Fraser for 2nd half)
2008- NYC Marathon- 9:59 (guiding Dave Fraser)
2007- NYC Marathon- 9:48 (guiding Dave Fraser)
2006- NYC Marathon- 3:36 (guiding Ivonne Mosquera-Visually Impaired Runner)
2005- NYC Marathon- 3:53 (guiding Eddie Montanez-Visually Impaired Runner)

2014- Rock & Roll Marathon-Denver- 2:58 (guiding Jason Romero-Visually Impaired Runner)
2013- Colfax Marathon- 3:30 (guiding Amelia Dickerson-Visually Impaired Runner)
2007- Boston Marathon- 3:26 (guiding Ivonne Mosquera-Visually Impaired Runner)
2006- Hartford Marathon-4:02 (guiding Christa Earl-Visually Impaired Runner)
2006- Boston Marathon-4:03 (guiding Christa Earl-Visually Impaired Runner)
2006- Los Angeles Marathon- 3:37 (guiding Ivonne Mosquera-Visually Impaired Runner)

I've also raced 11, 100-mile races, about 10, 50-mile races and dozens of other trail races.

100 Mile Race History:
2024 Leadville 100- 27:35
2022 Leadville 100- 26:30
2014 Boulder Reservoir 100- 21:21
2014 HURT 100- 31:26 (Hawaii)
2013 Leadville 100- 24:31
2012 Vermont 100- 19:52

2012 Croton Dam to Midtown to Bear Mountain, NY- 24:30 (not a race, a self-supported 100-mile run)
2011 Leadville 100- 21:33
2011 Vermont 100- 19:25
2006 Vermont 100- 20:34
2006 Old Dominion 100- 22:30 (2nd place) (Virginia)

Trail Races & Other Ultras:
2024- Leadville Marathon-4:16 (trail)
2020- Pikes Peak Marathon-4:24 (trail) (Masters Winner)
2016- Leadville Marathon- 4:20 (trail)
2013- Breck Crest Marathon- 3:42 (trail)
2013- Leadville Marathon- 4:00 (trail) (4th place)
2013- Quad Rock 50 miler- 9:50 (trail)
2013- Desert Rats Fruita Colorado Double Marathon- 7:57 (trail) 2nd place
2012- North Face Bear Mountain 50 miler-8:52 (NY) (trail)
2011- Ultra Race of Champions 100K-UROC-11:19 (trail) (Virginia)
2011- North Face Bear Mountain 50 miler-8:29 (NY) (trail) (6th place)
2010- JFK 50 miler- 6:44 (17th place) (trail & road)
2010- North Face Bear Mountain 50 miler-10:28 (NY) (trail)
2009- JFK 50 miler- 7:46 (trail & road)
2006- Metro 50 miler- 6:59 (Queens, NY) (pavement)

Other Notable Races:
2024- Leadville 10K- 38:03 (3rd place)
2024- BolderBoulder 10K- 35:07 (Age Group Winner)
2023- Leadville 10K- 37:42 (2nd place)
2021- Leadville 10K- 36:18 (Winner)
2021- Trans Rockies Run 6 days-120 miles (Coed Team Winners with Cat Bradley)
2015- Cheyenne Mountain Run 25K (Colorado Springs)- 1:52 (3rd place)
2013- Kennebec Mountain Run 15 miler (Durango, Colorado)- 2:05 (Winner) (trail)
2011- Caumsett Park 50K USATF National Championship- 3:23 (11th place)
2011- Myrtle Beach ½ Marathon - 1:15 (2nd place)
2007- Pete McCardle Cross Country 15K, Van Cortlandt Park, NY- 55:22 (3rd place)
2007- Hartford Marathon-3:03 (pacer)
2007- Niantic Bay ½ Marathon - 1:13 (3rd place)
2005- Duke Blue Devil Iron Distance Triathlon-13:06 (Raleigh, North Carolina)

The Importance of Running Teams & Training Partners
I've been a member of many running groups over the years and had some excellent training partners. My feeling is that groups and training partners make the running experience more fun and also bring out our maximum potential.

I'm also probably the only person who's trained extensively with both a NYC Marathon Champion and the final finisher of the NYC Marathon.

Edna Kiplagat was the 2010 NYC Marathon Champion & David Fraser was the 2019 NYC Marathon Final Finisher. I've trained extensively with Edna from 2021-2024 and have run/paced/guided every NYC Marathon from 2007-2024 (16 in total) with David Fraser. David Fraser was born with Cerebral Palsy and uses his feet to push backwards in his wheelchair for the entire NYC Marathon. David is a 16-time NYC Marathon finisher. Edna is a 2-time Boston Marathon Champion, London Marathon Champion, in addition to 7 more podium finishes at Marathon majors. I feel very lucky to have learned from and trained extensively with both Edna and David.

Photo below of Michael Oliva, Edna Kiplagat & David Fraser

(A couple days before the 2024 NYC Marathon in Central Park)

To learn more about David Fraser see the video below produced by Stephen Gnoza ("The Serious Runner")

https://www.youtube.com/watch?v=jYEeKV_qMPs

For more about the Achilles Group in Denver check out the segment at the link below put together by Channel 9 News in Denver, https://www.youtube.com/watch?v=hApzzNW0zf4

(The Achilles Group in Denver below in 2014)