

Aaron Braun runner and athlete

Aaron Braun is a [professional runner for HOKA ONE ONE](#). Braun competed in the 3000m steeplechase last summer in the 2016 U.S. Olympic Trials among the greatest runners in the nation.

Braun grew up in Fort Collins, Colorado. There he also started his running career as a middle-distance/distance runner. Braun attended Adams State University.

In high school he was mediocre runner. Aaron really burst onto the scene while running for the second division powerhouse Adams State where he captured 16 All American honors and 6 National titles. His personal bests include a 5K time of 13:20, 3:44 in the 1500m, and 7:50 in the 3000m. Braun is now an assistant coach for powerhouse Adams State University where he continues to train.

Aaron Braun (born May 28, 1987) is an American professional runner who [has won several awards](#) and medals on national and international events. Along with the achievements of other American runners, Braun is credited with igniting the running boom in the United States during the 2000s.

Aaron Braun was born and grew up in Fort Collins, Colorado. After earning his Bachelor's Degree in Mathematics from the Adams State College, Braun enrolled at State University of New York. He obtained a Master's Degree in Exercise Science in 2010.

Braun first achieved distinction by winning the 2009 National Collegiate Athletic Association (NCAA) 10,000m run title during his senior year at Adams State College. He won his first U.S. national titles in 2012 in the 5,000m and 10,000m events. He also was the U.S. national Big Sur Half Marathon in 2016. Braun's big comeback came in the fall of 2017 when [Aaron ran at the Chicago Marathon](#) where he was 12th overall and the 3rd American.

Catch up with Aaron Braun on his blog where he writes about common issues related to athletics and running.

Aaron Braun is an American athlete born on May 28, 1987 in Fort Collins, Colorado. Widely considered one of America's greatest runners, Braun once held U.S. records in several long-distance events. Together with some other American runners, he is credited for promoting the running boom in the United States during the 2000s.

He attended the Adams State College where he was a Division II National Champion for nine times. From the college, Braun earned a Bachelor's Degree in Mathematics. Braun also attended the State University of New York where he trained under legendary coach Jack Daniels. So far Braun has won two Division I NCAA Cross Country championships and three straight three-mile titles. It was while at the State University of New York that Aaron Braun earned a reputation for his aggressive front-running racing style with going out hard. He soon became a legend not only in his native Flagstaff, but nationwide.

Aaron Braun became well-known to the public in 2009 when he won [the National Collegiate Athletic Association](#) (NCAA) 6-miles run title. At that time he was still in his senior year at Adams State College. His first U.S. national title Braun won in 2012 in the 3-miles and 6-miles events. Braun also took part in the the U.S. national Big Sur Half Marathon in 2016. His big comeback came in the fall of 2017 when he ran the Chicago Marathon where he was 12th overall and the 3rd American.

Aaron Braun Personal records

1500 Metres	3:44.03
One Mile	4:01.43
5000 Metres	13:20.25
10,000 Metres	27:41.54
5 Kilometres	13:40
8 Kilometres	23:11
10 Kilometres	29:00
12 Kilometres	34:14
15 Kilometres	43:26
10 Miles Road	47:10
Half Marathon	1:01:38
25 Kilometres	1:16:24
Marathon	2:12:54