First-to-Last Race Improvement (Mean  $\pm$  SD) - 2024 Men (N=[561, 344, 188, 14]) Women (N=[312, 185, 57, 8]) 200 150 First-to-Last Improvement (seconds) 100 50 0 -50 3.0 2.5 2.0 3.5 4.0 4.5 5.0 **Number of Races**