



Collegiate Running Association welcoming over 2,000 college students to 10k Collegiate Championships

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March 31, 2017 - RICHMOND, VA – The Collegiate Running Association is set to welcome over 2100 college students to its 10k Road Race National Championship event, held as part of the Ukrop's Monument Avenue 10k presented by Kroger. A \$10,000 prize purse is set aside for the top ten men's and women's collegiate finishers.

"We are excited to be back partnering with the Monument Avenue 10k for the fourth consecutive year," said co-founder Jon Molz. "Almost 10,000 college students have run this race over the last four years and the positive feedback has been outstanding each year."

The entry list for the 10k championship boasts perhaps the strongest men's field since the first annual 10k Championships in 2014. A slew of undergraduate and graduate runners, along with a handful of strong local runners, should make for a deep and competitive field. The women's field will also be strong up front, led by a couple of 2016 Olympic Trials qualifiers.

"We formed the Collegiate Running Association in order to create new opportunities for all college students that enjoy running, and to provide a unique and competitive experience for some of the top athletes taking classes around the country" said Collegiate Running Association president Steve Taylor. "Over the last 3 years, this race has attracted nearly two dozen athletes that went on to qualify for the 2016 Olympic Trials, including the Olympic Silver Medalist in the 5000m, Paul Chelimo. We are excited to see where members of this year's field end up during the 2020 Olympic build!"

The CRA will also be hosting a post-race social event at Isley Brewing Company from 12-3pm after the race. This ConnectCRA event will include food, drink, games, and a raffle; along with the ability to meet and greet with some of the top finishers.

Leading college men's entries as of 3/31/2017 are:

Amos Kosgey (Eastern Kentucky): 3,000m - 8:08.20 / 5,000m - 14:20.33/ 8K (XC) - 23:27.4/ 10,000m - 29:10.87...A native of Eldoret, Kenya... Ohio Valley Conference (OVC) Male Cross Country Runner of the Year (2014); All-Southeast Region (2015, 2014); NCAA Championship Participant (2015, 2014, 2012); All-OVC, First Team (2015, 2012)... Named the 2012 OVC Male Freshman of the Year.



Ryan Hagen (Mary Baldwin/ VT Elite): *Mile – 4:02 / Half Marathon – 1:06:39 ...* 2016 Collegiate 10K Road Race National Championship Runner-up (Ukrop's 10K)...2015 Collegiate Half Marathon National Championship Runner-Up crossing the finish line in 1:06:39... A former Virginia Tech standout, Hagen has run 4:02 for the mile and continues to pursue his education in a graduate physical therapy program at Mary Baldwin.

Nick Ciolkowski (Elon): 5 Miles – 24:16.0. A native of Fairport, NY • 2016 CAA Men's Cross Country Athlete of the Year • 2016 CAA Men's Cross Country Champion • 2016 All-CAA • 2015 CAA Men's Cross Country Athlete of the Year • 2015 CAA Men's Cross Country Champion • 2015 CAA Men's Cross Country Rookie of the Year • 2015 All-CAA • 2015 Elon Basnight Award winner.

Michael Conway (George Mason University): PR's 8:16 – 3K | 14:30 – 5K | 29:48 – 10K...West Hartford, CT native who attended George Mason University as an undergraduate and is now taking graduate classes. A standout for their track and cross country teams during his career...Qualified for the 2015 NCAA Championships- East Prelim in the 10,000M...Helped GMU to the 2015 Atlantic 10 Outdoor T&F Title with a second place finish in the 10,000m run...Set a personal record in the 10,000m with a time of 29:48.37 at the 2015 Raleigh Relays...Posted a season best 8k time of 24:40.2 at the 2014 A-10 Championships (second place)... Finished fourth at the 2014 IC4A Championships... Placed 23rd overall at the 2014 Southeast Region Cross Country Championships in a 10k time of 30:54.7...Earned 2014 A-10 Academic All-Conference honors.

Connor Sheryak (Georgetown): PR's 14:18.22-5K / 30:21.34-10K Louisville, KY native...Placed 3rd in the 2016 Collegiate 10K Road Race National Championships within the Ukrop's 10K... consistent fixture on the Hoyas cross country team, competing through the Mid-Atlantic regional championships... In his only 10,000-meter run of the 2016 outdoor season, took fifth place at the BIG EAST outdoor championship.

Leading college women's entries as of 3/31/17:

Rachel Ward (Univ. of Phoenix / Ragged Mountain Racing): Track PR's 15:36.84-5K / 32:15.85-10K...Completed her undergraduate degree at the University of Virginia where she was a standout within their program. After graduating, joined the Ragged Mountain Racing Team based in Charlottesville, VA...Placed 15th at the 2012 U.S. Olympic Team Trails 10K...5th 2014



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USATF National Championships-10K...Competed in the 2016 U.S. Olympic Team Trials-Marathon.

Sarah Cotton (Georgetown): PRs: Mile: 4:51.47 | 3,000m: 9:40.03 | 5,000m: 16:14.71 | 10,000m: 34:44.39...The Madison, CT native is a graduate student for the Georgetown Hoyas where she was a standout as an undergraduate. Competed as part of GU's cross country squad at the 2014 BIG EAST Championships, where the Hoyas won the BIG EAST team title and she earned All-BIG EAST first team honors for her ninth-place showing ... Competed on the fourth-place GU squad at 2015 NCAA Cross Country Championships... Finished fifth in the 5,000m at the 2015 BIG EAST Indoor Championships... Ran a PR in the 5,000m on distance night at the 2015 Penn Relays... Turned in a fifth-place showing in the 10,000m at the 2015 BIG EAST outdoor championships ... Competed at the 2015 NCAA Championships-East Prelims in the 10,000m.

Julie Patterson (VCU): PR's 34:50 10,000m, 1:18 ½ Marathon...A nationally ranked elite triathlete...Competed for the Spiders during undergraduate school...University of Richmond school record holder in the 10,000m, a standout triathlete that placed 2nd in the 2011 US Collegiate National Triathlon championship and was a member of the USA gold medal winning triathlon team at the 2012 World University Games in Taiwan. Currently pursuing her PharmD/PhD in Pharmacoeconomics and Outcomes Science at VCU. Won the 2015 Collegiate ½ Marathon National Championship...Placed 3rd in the 2015 Collegiate 10K Road Race National Championships within the Ukrop's 10K... Placed 6th in the 2014 Collegiate 10K Road Race National Championships within the Ukrop's 10K...Placed 8th in the 2016 Collegiate 10K Road Race National Championships within the Ukrop's 10K...

Taylor Clevinger (VCU Physical Therapy / New Balance Richmond): A graduate of St Catherine's School in Richmond...Attended the University of Richmond as an undergraduate where she had a stellar career...Enrolled in Physical Therapy school at VCU...

Kathleen Lautzenheiser (VCU): PR's 9:50.04 – 3K | 16:43.58 – 5K | 36:21 – 10K | 1:21:29...Attended Midlothian High School before completing her undergraduate work at William & Mary and is now enrolled in Virginia Commonwealth University's DPT program...Placed 7th in the 2016 Collegiate 10K Road Race National Championships within the Ukrop's 10K... Placed 5th in the 2015 Collegiate 10K Road Race National Championships within the Ukrop's 10K.



Rochelle Basil Sceats (George Mason University): PR's 16:28.02 / 15K – 56:22 / Half-Marathon- 1:20:13 / Mar – 2:51:53...In graduate school at George Mason University where she competed as an undergraduate student for the patriots. Recently won the Caesar Rodney Half Marathon in Wilmington, DE in a personal best 1:20:13. In her final preparations for the 2017 Boston Marathon.

