



COLLEGIATE  
**RUNNING**  
ASSOCIATION

## 2016 10K ROAD RACE CHAMPIONSHIPS

April 9 - Richmond, VA



[2015 10k Road Race Champions Kellyn Johnson and Tyler McCandless](#)



## **COLLEGIATE RUNNING ASSOCIATION 10K ROAD RACE NATIONAL CHAMPIONSHIPS PREVIEW**

The [Collegiate Running Association](http://www.collegiaterunning.org) is set to welcome over 2600 college students to their third annual 10k Road Race National Championship Event in Richmond, VA on April 9, 2016. Held as part of the [Ukrop's Monument Avenue 10k presented by Martin's](http://www.ukrops.com), the race has once again attracted a wide range of collegiate student-athletes from across the country.

2016 will see new National Champions in both the men's and women's races as both Tyler McCandless and Kellyn Taylor will not be back to defend their titles. The women's championship race is likely to be the deepest field ever assembled as the top seven entrants have all run 16:45 or better for 5,000m. A front-runner should be former NCAA Division 1 All-American and 2016 Olympic Trials Qualifier Nicol Traynor (NJ). Additionally, some names to watch will also be former George Mason standout Bethany Sachtleben, former NCAA runner-up Kate Harrison, and current Division 1 student-athletes Abby Motley (Virginia Tech) and Autumn Eastman (Georgetown).

Ryan Hagen (Mary Baldwin College) is a leading contender on the men's side. A former Virginia teach standout, Hagen has run 4:02 for the mile and continues to pursue his education in a graduate physical therapy program at Mary Baldwin. Connor Sheryak (Georgetown), Matthew McKenna (Richmond) and ultra-running legend Michael Wardian (Texas Public Health) should contend for top spots as well.

**MORE INFORMATION on the 2016 CRA 10k Road Race National Championships:**

[Live Runner Tracking](#) [Event Website](#) [2015 Championship Recap](#)





## Runners Forum

***APRIL 8: 6-6:30pm at the Carolina Ale House Short Pump***

**Come listen and participate in a Q&A with some of the top elite entrants in this year's 10k Road Race National Championships. Open to the public, this event is a great opportunity to meet and learn from some of our elites. The Carolina Ale House will also be supplying a special pre-race carb-up menu with dinner specials for \$10.99.**

**11275 W Broad St | Glen Allen, VA, 23060**





## ConnectCRA Social Event

***APRIL 9: 11-3:30pm at the Carolina Ale House Short Pump***

**Celebrate a great race with food, drinks, and friends Saturday afternoon from 11-3pm. It's a BYON (bring your own number) event open to the public - bring ANY race bib and receive a free BBQ Sliders appetizer as a gift. Additionally, 15% of food sales will be donated to the non-profit Collegiate Running Association. Come join us!**

**11275 W Broad St | Glen Allen, VA, 23060**



# **A THANK YOU TO OUR**

## **FOUNDING MEMBERS**

Without our Founding Members, the Collegiate Running Association would not exist. Thank you for your support and belief in our mission.

In just over two years, the CRA has hosted six national championship events and distributed over \$50,000 in prize money to college students. Additionally, the creation of championship events in road racing, mountain running, and trail running continues to keep college students active

To support our mission, please consider [donating](#). All donations are tax deductible and go directly towards supporting the mission of the Collegiate Running Association.

### ***GOLD LEVEL***

**Matthew & Sherry Hannay**

**Michael Pauley**

**Thom Suddeth**

**Steve Taylor**

**Jeff Watson**

### ***SILVER LEVEL***

**Andrew Benford**

**Matt Blanchard**

**Allen Bowman**

**Rick Chavez**

**John Ciccarelli**

**Jim McKeon**

**Jon Molz**

**Richard Pauley**

**Blake Puhak**

**Scott & Betsy Rechel**

### ***BRONZE LEVEL***

**Andrew Blanchard**

**Steve Conroy**

**Steve Conroy Jr**

**Mike Taylor**

**Ed Valenski**