



**COLLEGIATE
RUNNING**
ASSOCIATION
TRAIL RUNNING CHAMPIONSHIP



Top Collegians Ready for Trail Running National Championships

2019 Collegiate Trail Running National Championships will be held within the Thunderbunny 12K Trail Race

May 9, 2019 – Athens, OH - The Collegiate Running Association (CRA) and the Southeastern Ohio Trail Runners (SEOTR) are set to welcome the 2019 Collegiate Trail Running National Championship to Strouds Run State Park near Athens, Ohio. The 12K event will be the second Collegiate Trail Running National Championship ever held and will offer prize money specifically reserved for college students.

The event sold out nearly two months before the competition, reaching its maximum 400 entry limit. The entry list for the collegiate 12K trail championship boasts strong fields for both the men and women with athletes traveling from as far away as Ashland, Oregon. As runners look to Saturday mornings weather they may experience nearly ideal conditions with temperatures expected to reach around 68 degrees for race day.

The men's field is competitive and the title could come down to the last mile to determine the Collegiate National Champion. Expected to push the pace up front will be **Danny Jaskowak (Virginia Tech/VT Elite)**, **Anthony Raftis (Queens University)**, **Joshua Park (Ohio University)**, **Colin Lamb (University of Dayton)**, **Noah Campbell (University of Richmond)**, **David Magda (Davis & Elkins College)** and **Cam Rentsch (Ohio State University)**.

Jaskowak is coming into the race following a tremendous top three finish at the 2019 Collegiate 10K Road Race Championships within the Ukrops Monument Avenue 10K in Richmond, VA, while Raftis recently ran his 10K best of 30:10 at Bucknell University and Park won the Capital Half Marathon in Columbus last month. Lamb, Campbell and Magda are coming off successful spring track campaigns and will add to the mix. As an ultra-marathon runner, Rentsch is a bit of an unknown for the short 12K distance.

For the women, the front three are expected to battle over the hills and single track trails of Strouds Run State Park from the start. Front runners will be **Ellen Isaac (Ohio University/Walsh University)**, **Sydney Niekamp (University of Akron)**, and **Katelyn Luther (Walsh University)** and also keep an eye out for **Mallory Lovell (Georgetown, KY)**, **Molly Kimpton (Garrettsville, OH)**, and **Lindsey Hernandez (Columbus, OH)**.

Isaac had a stellar career for Ohio University and is now in graduate school. Her track and cross country performances for the Bobcats are impressive. She'll face Niekamp and Luther who are both in top form following successful spring racing schedules. This is going to be another exciting race to watch. Look for a combination of Lovell, Kimpton and Hernandez to round out the top five.

"We are really excited about this weekend," said **Collegiate Running Association Co-Founder**

Steve Taylor. “The fact this event sold out nearly two months in advance of the Thunderbunny Trail Runs says so much about trail running and its growing popularity along with the great reputation of SEOTR Events. One of the goals of the CRA is to create opportunities for college students in areas of the sport which do not currently exist. The Thunderbunny 12K provides an opportunity for college students to compete for a national championship in trail running. We are ardent supporters of trail running, and this event opens trail running to a broader group including college students who have never participated in a trail run or race.”

The Thunderbunny 12K is scheduled for May 11 and will take place in Strouds Run State Park near Athens, Ohio, the home of Ohio University. It sits on the fringes of the city of Athens with park boundaries coinciding with the city limits in several places. The course is a mixture of mostly single track dirt and grass trails and will have a total of 1,099 feet of elevation gain spread throughout the beautiful loop course. The park comprises 2,600 acres, and includes Dow Lake, a 160-acre lake created in 1960. The start and finish lines are located next to the lake which is a common destination of Ohio University students to enjoy the weather on sunny spring or summer days.

“SEOTR is excited to partner with the CRA to bring the Collegiate Trail Running National Championship to Athens and the Thunderbunny 12K. The Thunderbunny Trail Runs is already such a great weekend and this will make it even better with more opportunity for college runners” said **Michael Owen, SEOTR Director.** Owen added, “I've been a big promoter of college runners getting into the sport of trail running, and SEOTR shares that same belief. I teach a trail running course at Ohio University, and it's always exciting seeing the passion this age group has for the trails. So, bringing the Collegiate Trail Running National Championship to Athens gives not just OU students, but college runners all around country, a great opportunity to fuel their passion for trail running. Whether a recreational runner, or an elite runner, they'll have an opportunity to be part of a great sport, and I hope this type of opportunity motivates them to stay involved beyond college”.

Participants will be chasing \$3,000 in prize money specifically reserved for the top three male and female college eligible finishers with distribution as follows:

1st Place- \$750

2nd Place-\$500

3rd Place-\$250

TOP COLLEGIATE MEN (as of 5/07/2019)



Danny Jaskowak (Virginia Tech / VT Elite):

Twitter: @see_wak_run / Instagram: @seewakrun

Ran for Virginia Tech as an NCAA undergraduate student-athlete and is now working on a graduate degree in Clinical Physiology and Metabolism...Recently placed 3rd (30:12) the 2019 Collegiate 10K Road Race National Championship within the Ukrops Monument Avenue 10K in Richmond, Virginia...Placed 3rd at the 2018 Markel Richmond Half Marathon running 1:04:59...Ran a personal best in the 5K (14:04) at the 2018 Duke Invitational... Placed 13th at the D1 Prenational Invitational running 23:25 for 8K... Earned NCAA All-Region honors by placing 10th in the 2017 NCAA Southeast Regional where he ran a 10K best of 29:26.

Personal Bests: 5K-14:04... 8K- 23:25... 10K-29:26... Half-Marathon- 1:04:59



Anthony Raftis (Queens University of Charlotte):

Instagram: @anthonyraftis13

The Kent, Washington native attends Queens University in Charlotte, NC where he placed 20th in the NCAA DII Cross Country Championships. Recently ran a personal best of 30:10 for the 10K distance at the 2019 Bucknell University Team Open...Ran a 5K personal best of 14:25 at the 2018 GVSU Holiday Open...

Personal Best's: 5K: 14:25... 10K- 30:10



Joshua Park (Ohio University):

Majoring in Biology-Pre-Physical Therapy at Ohio University. Plans to compete as a professional triathlete and eventually become a physical therapist. Recently won the 2019 Capital Half Marathon in Columbus with a time of 1:08:02...Ran a 10K personal best of 30:38 run at the 2018 Raleigh Relays in NC... Placed 8th at the 2018 Collegiate 10K Road Race Championships within the Ukrops 10K.

Personal Best's: 3K: 8:31.50... 5K: 15:05... 8K (XC)- 24:08.0... 10K- 30:38... Half Marathon- 1:08:02



Colin Lamb (University of Dayton):

Hails from Franklin, TN and attends the University of Dayton where he majors in Psychology. Recently ran a personal best of 32:37 for the 10K distance at the 2019 Oliver Nikoloff Invitational in Cincinnati, OH...Ran a 5K personal best of 15:11 at the 2019 Vanderbilt Black & Gold Invitational...

Personal Best's: 5K: 15:11... 10K- 32:37



Noah Campbell (Univ. of Richmond):

Twitter: @NCRun4TheHills / Instagram: @you_noah_this_guy
Represented the U.S. in the 2018 Youth Sky Running World Championships in Fonte Cerreto, L'Aquila, Italy. Ran a personal best of 25:12 in the Richmond 8K road race earning a top 20 finish out of 3,000 runners. Finished 9th in the 2019 Collegiate 10K Road Race National Championships within the Ukrops Monument Avenue 10K in Richmond, Virginia

Personal Best's: 5K-15:22... 8K- 25:12



David Magda (Davis & Elkins College): Another Senator from Davis & Elkins College in Elkins, WV... Recently placed 13th in the 2019 Collegiate 10K Road Race National Championships in Richmond, Virginia. Ran a career best of 25:10 for 8K at the Royals Cross Country Challenge.

Personal Best's: 8K- 25:10



Cam Rentsch (Ohio State University):

Twitter: @camrentsch / Instagram: @camrentsch

Recently graduated from OSU Magna Cum Laude with a BA in Anthropology and English. Has run the Rocks and Roots Trail Series and the Ohio Backyard Ultra.

Also, keep an eye on **James Fox (Athens, Ohio), Michael Bailey (Chesapeake, Virginia)** and **Chris Kovash (Ashland, Oregon).**

TOP COLLEGIATE WOMEN (as of 5/07/2019)



Ellen Isaac (Ohio University/Walsh University):

Instagram: @ellegator

The 2018 Ohio University graduate had a standout career for the Bobcats...Set a personal best in the 5K and 10K at the 2018 Mid-American Outdoor Track & Field Championships running 16:57.28 and 35:44.28 respectively. Won the 2018 Jesse Owens Track Classic at Ohio State running 17:16.39...Placed 5th (6K-20:56.7) at the 2015 NCAA D1 Pre-Nationals in cross country and earned NCAA D1 All-Region honors placing 14th (6K-20:58.0) at the 2015 NCAA D1 Great Lakes Region Cross Country Championships.

Personal Bests: 5K-16:57.28...10K-35:44.28...6KXC-20:56.7



Sydney Niekamp (University of Akron):

Instagram: @sydsquidskid

Competes for the University of Akron under the Direction of Distance Coach Trey Brokaw...Competes in both track and XC for the Zips as an undergraduate student-athlete...Ran personal best in the 5K of 18:04 at the 2019 Doug Raymond Invitational held at Kent State.

Personal Bests: 5K-18:04



Katelyn Luther (Walsh University):

Instagram: @km_luther

Competes for the Walsh University...Ran personal best in the 10K of 37:19 at the 2019 Bison Outdoor Classic. Her 5K best came at the 2019 Spire Midwest Open Indoor Track Meet where she ran 18:05.27. Represented Walsh University at the 2018 NCAA DII Cross Country Championships.

Personal Bests: 5K-18:05 ...10K-37:19

Also watch for **Mallory Lovell (Georgetown, KY)**, **Molly Kimpton (Garrettsville, OH)**, and **Lindsey Hernandez (Columbus, OH)**.

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