



COLLEGIATE RUNNING ASSOCIATION





COLLEGIATE RUNNING ASSOCIATION 10K ROAD RACE NATIONAL CHAMPIONSHIPS PREVIEW

The [Collegiate Running Association](#) is set to welcome nearly 2,000 college students to their second annual 10k Road Race National Championship Event in Richmond, VA on March 28, 2015. Held as part of the [Ukrop's Monument Avenue 10k presented by Martin's](#), the race has once again attracted a wide range of collegiate student-athletes from across the country.

Leading the pack on the women's side will be the defending champion [Kellyn Taylor](#), from Flagstaff, AZ. Taylor is currently taking classes to set her up for a career in firefighting and has emerged as one of the top road racers in the country over the last two years. In addition to Taylor, six of the top ten finishers from 2014 are back including runner up [Susanna Sullivan](#) from Falls Church, VA.

On the men's side, 2014 runner-up [Tyler McCandless](#) will be looking to earn his first CRA National Championship title. A PhD student at Penn State, McCandless will have his hands full with 18-time Team USA member [Joe Gray](#) from Colorado Springs, CO. Both men boast half-marathon personal bests of 1:03 and are well-seasoned in top USA competitions.

MORE INFORMATION on the 2015 CRA 10k Road Race National Championships:

[Live Runner Tracking](#) [Event Website](#) [2014 Championship Recap](#)

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A big **THANK YOU** to [New Balance Richmond](#), one of our event partners for the Collegiate Running Association's 10k Road Race National Championships. Present the above coupon for 15% off your next purchase! Visit them on [Facebook](#) and follow them on [Instagram](#) and [Twitter](#)!

Our mission is to promote healthy lifestyles among college students through running, and NB RVA is a prime example of a local running store with a similar mission. With their constant involvement in local races and fitness events plus their Healthy Kids Running Series held each Spring and Fall, New Balance Richmond continues to set the standard in Richmond! Visit them today!



Over 90% of High School Runners do not compete at the NCAA level.

It doesn't mean you need to stop running!

Sticking With It

by Anne Meneffee (UVA student & 2014 CRA 10k top-ten finisher)

In the past 10 years I've had ample opportunities to justifiably give up running, but something about the sport always draws me back. I started track in sixth grade because my original plan to make it in the NFL wasn't really panning out. In seventh grade I was cut and figured I just really wasn't born to run, but coming into high school I decided to give it another shot and joined cross-country. I can't say that it was love at first run, but I began to latch on to the runner's high and slowly worked my way up from the bottom. Unlike football, I wasn't limited by size or an inherent lack of coordination; I didn't have to be stronger or faster than everyone else, I just had to be tougher.

Running in college was a dream on the back burner but it wasn't until senior year that I realized I may have come far enough to make it a reality. The caveat came when I also decided to pursue

engineering, which limited my options to larger universities that also had top-tier D1 athletic programs. Some told me that I could join as a walk-on, but I ultimately chose UVA, where I wasn't guaranteed a spot but had the opportunity to try out at their first meet. When I made the team after cross-training for most of the summer recovering from a stress fracture, I was ecstatic. To me it validated my decision to turn down the other schools and I was

excited by the prospect of rising through the ranks again and contributing to such an established program. The first year was tough, but I loved training hard and had faith it would pay off.

When I was cut at the beginning of my second year, I didn't know what to do. Transferring wasn't really feasible but I didn't know to handle 3 years in school without running. I'm sure others can relate; it was pretty dejecting to know I'd worked so hard for so long only to be turned away because I didn't have the talent. But I knew I couldn't give up running and after a couple weeks of solo runs I finally made it to a club cross-country practice, where I met a diverse yet unified group of people who quickly became friends and teammates.

(Continued on next page)



Anne Meneffee, second from left, accepting her award at the 2014 CRA 10k National Championships

Sticking With It (continued)

While running for a varsity program may have made the last 3 years easier for me, I can't say that it would have been more rewarding. Training without a coach or structured team can be challenging, but I've connected with a great group of people who are always down for a run and have such refreshing perspectives on life. We have marathoners, triathletes, former varsity athletes, first-time runners, and converts from other sports - there are so many ways to keep running in college beyond the conventional track of joining a varsity team. It's really cool to see how their passions for running manifest in different ways and know that it's the joy of running that binds us, not our motivations behind it. I tend to over-train on my own and haven't always succeeded in the ways I used to define it, but the experiences and relationships running has given me are far more valuable than any time I could hit. We've won national championships as a team and shared countless adventures, and in the spring I've been able to compete in various road races.

The Monument Avenue 10k was always one of my favorite races in high school and it's been awesome to come back and run it, especially now that the Collegiate Running Association has focused the competition on college athletes. Even though I train more than I did first year and have a broader base of commitments, I've invested more time in school and a better balance on life. I think the key to keeping a passion alive when your goal or plan falls through is to stay open-minded and embrace the opportunities you have rather than dwelling on the ones you've lost. Closing the door to my D1 running career has opened countless others, such as two expeditions to Honduras with Global Water Brigades and investing in the Christian fellowship I loosely associated with first year. Next year I'm going to grad school for a PhD in environmental engineering, which I doubt I would have considered if I'd stayed on varsity or gone to a different school. One of the best aspects of this incredible sport and community is that there are infinite ways to stay involved for life. I have no idea where I'll be in 10 years or 10 weeks, but I know I'll still be running.



Thank you [NOODLES & COMPANY](#) for your generosity and support of the Collegiate Running Association! Be one of the first to stop by the CRA booth at the 10k Expo to receive a FREE Noodles Dish!

LOOKING AHEAD IN 2015

2015 is shaping up to be an incredible second year for the Collegiate Running Association! We are proud to officially announce that we will be hosting FOUR National Championship Events with a total of \$38,000 in PRIZE MONEY reserved specifically for college students! That's double the amount of National Championship events and \$22,000 more in prize money than 2014. More information on these races will be released VERY SOON, but in addition to the 10k Road Race on March 28, the Championships are as follows:

[JUNE 13 - Indianapolis, Indiana - 1/4 Marathon Trail Championships](#)

Partnering with the first annual Indiana Urban Wilderness Trail Run

\$6,000 in Prize Money and our first Trail Championship!



[July 25 - Bend, Oregon - Mountain Running Championships](#)

Once again held as part of the [USATF Mountain Running Championships](#) - the only selection race for TEAM USA

\$6,000 in Prize Money

[Registration is OPEN](#)



[NOVEMBER 22 - Norfolk, Virginia - Half Marathon Road Race](#)

Held in conjunction with the [Blue Moon Harbor Lights Half Marathon](#)

\$10,000 Prize Money

Nearly 10,000 competitors

[Registration is OPEN](#)



American Trail
Running Association

In case you missed it, the Collegiate Running Association recently announced a partnership with the [American Trail Running Association](#)! We look forward to helping trail & mountain running grow in the US!



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Make sure you follow the CRA on [Facebook](#), [Twitter](#), and [Instagram](#) for all of the latest news and updates. 2015 is a big year for the CRA!

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 18 months the CRA has secured six national championship events that will distribute over \$50,000 in prize money to college students. Additionally, the creation of championship events in road racing, mountain running, and trail running will help 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.

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