



First Ever Collegiate Road Mile National Championships Set for Tomorrow

2019 Collegiate Road Mile National Championships will be held within the Loudoun Street Mile Race

May 26, 2019 – Winchester, VA - The Collegiate Running Association (CRA) and the Shenandoah Valley Runners are set to welcome the 2019 Collegiate Road Mile National Championship to Winchester, Virginia tomorrow morning. The 32nd annual Loudoun Street Mile will be host to the first Collegiate Road Mile Championship ever held and will offer prize money specifically reserved for college students with a total prize purse of \$4,000.

The race has seen a nearly 10% increase in registration this year as runners of all ages prepare to take the streets of Winchester. The point-to-point race course offers an opportunity for runners to set personal bests, and with a forecast of 78 degrees on race day, conditions look good for fast times.

The women's field features a stacked group of top runners who have had success from the 800m to the marathon. Expected to push the pace up front will be **Bethany Sachtleben (Northern Virginia College)**, **Amy Cashin (West Virginia University)**, **Gina McNamara (University of Michigan)**, **Molly Applegate (William & Mary)**, **Candice Jones (West Virginia University)**, **Claire Brown (University of Richmond)**, **Erica Jackson (James Madison University)**, **Kendra Smither (University of Richmond)**, and **Caroline Robelen (University of Richmond)**.

Sachtleben, who has qualified for the 2020 U.S. Olympic Team Trials in the marathon (2:31:20), will be dropping down in distance to test her speed. The 2016 and 2018 Collegiate Running Association Athlete of the Year, Sachtleben won the 2019 Collegiate 10K Road Race Championships (32:39) last month within the Ukrop's Monument Avenue 10K in Richmond, VA. She comes into the race with an impressive resume which will be tested on the flat, mile course. This will be a battle of strength versus speed.

In the men's race, **Robby Creese (Penn State University)**, **Daniel Trettle (University of Maryland)**, **Colin Cannon (George Mason University)**, **Dominic Stroh (Shippensburg University)**, **Jack Beaumont (University of North Texas/New Zealand)**, **Jonathan Schloth (George Mason University)**, **Reid Sharkey (University of Lynchburg)**, **Dustin Jutras (George Mason University)** and **Gavin Jenkins (Virginia Military Institute)** are expected to be among the leaders.

Everyone will likely be chasing Robby Creese. Second in the Loudoun Street Mile last year, he is sure to know how to run the point-to-point course. The Penn State University standout has an impressive resume with a 3:57 Mile to his credit. As an undergraduate student at Penn State University he won countless titles for the Nittney Lions and as a freshman set the NCAA record

in the 1,000M (2:19.53) while breaking the American junior (U20) record in the event. His performances landed him in the 2016 U.S. Olympic Team Trials in the 1500M. Look for a late charge from Creese.

Daniel Trettle could be a threat to Creese. He had a standout career as a walk-on at the University of Maryland, where he is now a PhD student in biochemistry. He has run 1:50.17 in the 800m and could be a factor late in tomorrow's race to claim the collegiate title. Dominic Stroh, a recent graduate from Shippensburg University is in top form following a standout spring season. Watch for Jack Beaumont who gets the nod for being the furthest from home. The Winton, New Zealand native has made a name for himself with two top 12 finishes at the World Mountain Running Championships. George Mason University's Colin Cannon, Jonathan Schloth and Dustin Jutras should not be underestimated, nor should the ODAC 800m and Mile Champion, Reid Sharkey.

"These are going to be great races," said **Collegiate Running Association Co-Founder Steve Taylor**. "We are so excited about this race with separate men's and women's starts. The fields are excellent and the event has grown by 10% over last year and entries are still coming in. It's about increasing opportunities for college students, and now college students at every level have an opportunity to compete in the first ever Collegiate Road Mile Championships. Add the exceptional course, a great, welcoming community, and it's easy to see why we believe this holiday tradition will become a destination event for our membership as the official kick off to summer and end to the college track season."

Collegiate Running Association Co-Founder Jon Molz added "having participated in this event numerous times, I am thrilled that the CRA has formed a partnership here. It's a wonderful event that is a unique experience for the athletes – most road races range from 15 minutes to a few hours in duration; this one is four to five minutes long and it's a straight shot – it's a totally different, and fun, feel for a race.

Along with many festivals held throughout the year, Winchester is also the home of Shenandoah University and sits in the beautiful Shenandoah Valley at the foothills of the Blue Ridge Mountains. The small city of 25,000 hosts numerous charming shops, delicious restaurants, centuries-old architecture, numerous historical landmarks, and museums waiting to be explored following the races. Old Town Winchester offers convenience, charm, and a warm welcome to all.

"The Loudoun Street Mile is excited to partner with the CRA to bring the Collegiate Road Mile Championship to Winchester," said **Mark Stickley, Loudoun Street Mile Director**. Stickley added, "this partnership will greatly raise the level of competition in the race and be an attractive opportunity for collegians, many of whom will be in peak condition from track season. It will also bolster our mission of being a family-friendly event and fundraiser for The Laurel Center."

Participants will be chasing a total prize purse of \$4000 with \$1700 designated for the top three collegians. All money will be distributed equally among men and women. Additionally, this year we will also offer a \$200 bonus to the winner(s) for a sub-4 minute mile (sub-4:30 for women). Collegians will also be eligible for open prize money. Prize money breakdown as follows per gender:

Collegiate Championship

1st - \$500
 2nd - \$250
 3rd - \$100

Open Championship

1st - \$500
 2nd - \$250
 3rd - \$150
 4th - \$100
 5th - \$75

Masters Championship

1st - \$75

BONUS: \$200 (First Male - Sub 4:00 / First Female - Sub 4:30)

TOP COLLEGIATE WOMEN (as of 5/26/2019)**Bethany Sachtleben (Northern Virginia College) (Bib #207):**

Twitter: @bsach1 / Instagram: @bethsach

The 2018 and 2019 Collegiate 10K Road Race Champion and Ukrop's Monument Avenue 10K Champion...Collegiate Running Association's 2016 and 2018 Athlete of the Year...Is coming off an impressive couple several weekends where she has run 15:46 for 5k at the Raleigh Relays, 53:40 for 10 Miles at the Credit Union Cherry Blossom 10 Mile in Washington, DC, 32:39 for 10K to win the Ukrop's 10K/Collegiate 10K Road Race Championship and a personal best 1:12:28 for the Half-Marathon to place 7th in the USATF National Championship in Pittsburgh, PA. In March Sachtleben placed 2nd (51:08) at the USATF 15k Championships within Gate River Run held in Jacksonville, FL and last fall she crushed her marathon personal best running 2:31:20 at the California International Marathon in Sacramento, CA placing 6th and grabbing the "A" standard for the U.S. Olympic Team Trials. She also won the 2017 Richmond Marathon in 2:39:00 in her marathon debut.

2016 Collegiate Mountain Running National Champion... Helped U.S. team win the Bronze medal at the 2016 Mountain Running World Championships... Qualified in the 10,000 meter (32:50 PR on the track) and competed in the 2017 USA outdoor national championships in the event...Placed 4th at the 2017 USATF half marathon championships (1:13:28)...

Started running for fun in the spring of 2011 and walked-on to George Mason University's XC/Track team that same fall. She went from not knowing how many meters an outdoor track was, to winning 4 Atlantic-10 Conference Championships and qualifying for the outdoor NCAA Championships East Preliminary round all 3 years. Since completing her graduate degree in 2015 she now trains while balancing a full-time job, volunteering with GMU XC/Track and working on a master degree.

Personal Bests: 5K-15:46...10K-32:39...15K-51:08...10 Miles-53:40...Half Marathon-1:12:28...Marathon-2:31:20



Amy Cashin (West Virginia University) (Bib #205):

Redshirted this spring season for the Mountaineers...Competes in both track and XC for West Virginia University, where she's focused on the steeplechase and 1500M. Among her accomplishments, she ran 9:58.75 in the 3K Steeplechase to place 13th at the 2018 NCAA D1 Championships...Placed 3rd (10:04.19) in the event at the 2018 NCAA East Prelim...Ran a personal best of 4:20.29 in the 2018 Virginia Challenge...Placed 9th at the 2018 NCAA D1 Indoor Championships in the Mile...Won the UCS Invitational Mile running

4:39.63 and also won the Boston University David Hemery Valentine Invitational 3K in 9:11.24.

Person Bests: 800M-2:10.53...1,000M- 2:47.49...1500M-4:20.29...Mile-4:39.63...3K-9:11.24...3KSC- 9:58.75

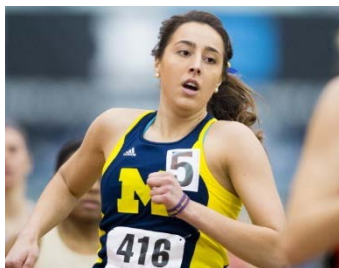


Molly Applegate (William & Mary / Georgetown Running Club) (Bib #240):

Competed in both track and XC for The College of William and Mary, where she focused on the steeplechase and 1500. Among her accomplishments, Molly placed 4th in the 2015 Collegiate Half-Marathon National Championships in Norfolk, VA. She qualified for NCAA regionals in the steeplechase twice, was named All-East twice indoors, was CAA champion in the steeplechase her senior year, and was All-CAA three times in cross country. During her 5 years at

William and Mary, Molly earned an undergraduate degree in Kinesiology with a concentration in Public Health, and a Master's Degree in Business Analytics. She enjoys spending weekends outdoors, sailing, cooking, reading, and traveling. Molly works as a Data Analyst for Deloitte and Touche, LLC in Washington.

Person Bests: Mile-4:45...3K-9:40...3KSC-10:20



Gina McNamara (University of Michigan/Georgetown Running Club) (Bib #201):

Finished 3rd in the 2018 Loudoun Street Mile...Relocated to Washington D.C. after competing 5 years for the Michigan Wolverines. Currently working in D.C. as a Management Consultant Analyst and plans to continue her running career in the process. She hopes that she will be able to continue to run the 800, but is open to

the fact that as she ages, she will have to embrace the tenacity of longer distances. She plans to take this all in stride, and is very excited to start her running career with GRC. A standout for the Wolverines...Finished her undergraduate degree from the University of Michigan in 2017... Ran 2:07.77 in the 800m at the 2016 Big Ten Indoor Championships where she placed 6th... Ran personal best in the 1,500m of 4:30.93 at the 2016 Mount SAC Relays. Ran 4:47.56 for the Mile at

the 2015 GVSU Holiday Open....

Personal Bests: 800M-2:07.77...1500M-4:30.93...Mile- 4:47.56



Candice Jones (West Virginia University) (Bib #208):

Competes for West Virginia University...Ran personal best in the 1,500m of 4:23.00 at the 2019 Bison Outdoor Classic...Placed 12th in the 1,500m for the Mountaineers at the 2019 Big 12 Championships....Ran 2:10.54 in the 800m at the 2019 Raleigh Relays...Set her personal best in the 800m at the 2017 George Mason Spring Invitational.

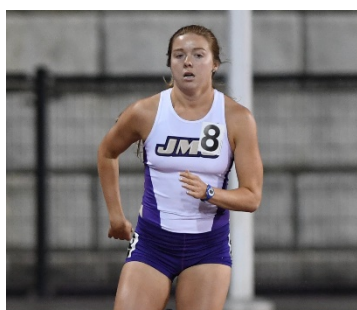
Personal Bests: 800M-2:09.22...1,000M-2:49.43...1500M-4:23.00



Claire Brown (University of Richmond) (Bib #209):

Competes for the University of Richmond...Ran personal best in the Mile of 4:49.73 at the 2019 ECAC Indoor Championships... Placed 2nd in the Atlantic 10 Conference Mile...A member of the Spiders winning 4X800M Relay at the 2019 Atlantic 10 Conference Outdoor Championships...Placed 2nd in the 1500M (4:29.58) at the 2019 Colonial Relays.

Personal Bests: 800M-2:13.80...1,000M-2:49.58...1500M-4:29.58...Mile-4:49.73



Erica Jackson (James Madison University):

The Dukes senior won the 2019 ECAC 1,000M title running 2:46.92 in Boston...A couple weeks ago ran personal best in the 800M of 2:08.76 at the 2019 ECAC Outdoor Championships...Won the 2019 Colonial Relays 1500M in 4:29.42...At the Marshall Women's Classic won the Mile (4:53.42) and the 800M (2:12.98).

Personal Bests: 800M – 2:08.76...1,000M-2:46.92...1500M-4:29.42...Mile-4:53.42



Caroline Robelen (University of Richmond) (Bib #274):

The Spider sophomore ran personal best in the Mile of 4:54.64 at the 2019 ECAC Indoor Championships...Placed 5th in the Atlantic 10 Conference Mile...A member of the Spiders winning 4X800M Relay and winning DMR at the 2019 Atlantic 10 Conference Indoor Championships...Placed 9th in the 1500M (4:32.85) at the 2019 2018 Atlantic 10 Conference Championships.

Personal Bests: 1,000M-2:56.68...1500M-4:32.85...Mile-4:54.64



Kendra Smither (University of Richmond) (Bib #210):

A freshman for University of Richmond Spiders...Ran personal best of 2:09.52 in the 800M at the 2019 ECAC Indoor Championships... A member of the Spiders winning 4X800M Relay at the 2019 Atlantic 10 Conference Indoor Championships...Selected to the Atlantic 10 Conference All-Rookie team with the top rookie performance in the 800M.

Personal Bests: 800M-2:09.52...1500M-4:38.30

TOP COLLEGIATE MEN (as of 5/26/2019)



Robby Creese (Penn State University) (Bib #1):

Finished 2nd in the 2018 Loudoun Street Mile and most certainly learned the secret to the LSM point-to-point course. Creese had a stellar career at Penn State University where he won countless titles for the Nittney Lions. As a freshman set the NCAA record in the 1,000M (2:19.53) while breaking the American junior (U20) record...Ran the 2016 U.S. Olympic Team Trials in the 1500M...Placed 2nd in the 2015 Peyton Jordan Invitational 1500M (3:39.02)...Qualified for the NCAA Championships multiple times and anchored the PSU DMR to 2nd place at the 2015 NCAA Indoor Track & Field Championships...Claimed multiple Big Ten titles including the Mile/3K double in 2015...Ran 7:50.36 in the 3,000M at the 2015 UW Husky Classic...Ran 3:57.87 in the Mile to win the 2015 Sykes & Sabock Challenge Cup...and set a personal best

3:57.11 at the 2013 UW Husky Classic.

Personal Bests: 800M- 1:48.54...1,000M- 2:19.53...1500M-3:39.02... Mile- 3:57.11... 3,000M – 7:50.36



Daniel Trettle (University of Maryland / Georgetown Running Club) (Bib #7):

Daniel started track his sophomore year of high school to get in better shape for soccer. It wasn't long, however, until his priorities changed which led him to several Maryland 1A state high school titles. He was a walk-on to the team at the University of Maryland, College Park where he eventually became team captain and set the school record in the indoor 800m at 1:50.17 his senior year. Daniel is currently a PhD biochemistry student at UMD and continues lowering his PRs in events from the 800m to the 8k.

Personal Bests: 800M- 1:50.17...1500M-3:49.61



Colin Cannon (George Mason University) (Bib #3):

The Denver, Colorado native attends George Mason University...Ran 3:53.60 in the 1500M at the 2019 IC4A Outdoor Championships...Placed 4th in the 1500M at the 2019 Atlantic 10 Conference Outdoor Championships...Ran 3:53.39 at the GMU Spring Invitational where he placed 13th...2nd in the Keydet Invitational 1,000M (2:27.37)...Ran 4:10.38 for the Mile at the 2018 Boston University Bruce Lehane Scarlet & White Invitational.

Personal Best's: 800M-1:53.02...1,000M-2:27.37...Mile-4:10.38



Dominic Stroh (Shippensburg University) (Bib #2):

The Altoona Area HS (PA) graduate took his talents to Shippensburg University. Claimed the 2018 and 2019 PSAC Indoor Track & Field Mile Championship titles...Ran a personal best in the 1500M of 3:49.73 at the Bison Outdoor Classic

Personal Best's: 800M-1:53.03...1500M- 3:49.73



Jack Beaumont (University of North Texas/New Zealand) (Bib #80):

The sophomore from Winton, New Zealand is a work horse...Ran the 3KSC, 5K and 10K at the 2019 Conference USA Championships where he set personal bests in every event... Finished ninth at the 2016 World Mountain Running Championships and 12th at the 2015 World Mountain Running Championships...Holds 11 New Zealand running records, including three set in the last two years.

Personal Best's: 3,000M- 8:31.15... 3KSC-9:05.37...5K-14:42.41



Jonathan Schloth (George Mason University) (Bib #87):

The East Rockaway, NY native is a graduate student for the Patriots...Another distance specialist dropping down in distance for the LSM. Ran a personal best 9:08.49 in the 3KXC at the 2019 Penn Relays...Came back a week later and placed 3rd in the 2019 Atlantic 10 Conference Championships in Massachusetts running 9:09.27...Earned Atlantic 10 All-Conference honors in cross country placing 9th in 25:08.

Personal Best's: 3KSC-9:08.49... 8K (XC)- 24:53



Reid Sharkey (University of Lynchburg) (Bib #407):

The junior from the University of Lynchburg has had a stellar career already...2019 ODAC Outdoor Champion in the 1,500M...2019 ODAC Outdoor All-Conference in the 800M...2019 USTFCCCA D3 Indoor All-South Region in the 1-mile...2019 ODAC Indoor Champion in the 1-mile...2019 ODAC Indoor All-Conference in the 3K...2018 ODAC Outdoor All-Conference in the 1,500M.

14:52.39

Personal Best's: 800M-1:56.19...1500M-3:56.02...Mile-4:18.31...5K-



Dustin Jutras (George Mason University) (Bib #406):

A graduate student for the Patriots. Specializes in longer events including the 5K. Placed 4th in the 2019 Atlantic 10 Conference Outdoor Track & Field Championships in the 5K running 14:30.61...Has not run the Mile since 2016 when he ran 4:22.46 to place 3rd in the Patriot Games...Ran the 1500M in 3:57.61 at the 2019 GMU Spring Invitational.

Personal Best's: 1500M-3:57.61...Mile-4:22.46...5K-14:30.61



Gavin Jenkins (Virginia Military Institute) (Bib #78):

Hails from Chester Gap, VA where he won multiple state titles (XC, 1600M, 800M) for Rappahannock County HS before joining the Keydets in the fall of 2018... Closed his freshman campaign in fashion placing 11th in the 2019 IC4A Outdoor Championships in the 3KSC in a personal best 9:12.38...Placed 3rd in the Southern Conference Outdoor Championships in the 3KSC...Only ran the Mile once in college where he ran 4:26.62 at the Virginia Tech Challenge.

Personal Best's: Mile – 4:26.62...3KSC – 9:12.38... 5K- 14:59.45

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