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

April 10, 2018 - RICHMOND, VA – The **Collegiate Running Association** and the city of Richmond are set to welcome nearly 2,000 college students as part of the 5th annual Collegiate 10k Road Race National Championship event, held within 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.

2017 champions **Rachel Ward (University of Virginia / Ragged Mountain Racing)** and **Ryan Hagen (Mary Baldwin University / VT Elite)** are both returning this year to defend their titles, and will be joined by a mix of competitive and social running college students from across the country. In all, about 24,000 runners are scheduled to compete this weekend and with a beautiful forecast in Richmond, the competition is sure to be fun. This is truly Richmond's biggest block party and has something for everyone.

"We are excited to continue partnering with the Monument Avenue 10k for the fifth consecutive year," said co-founder **Jon Molz**. "Nearly 2,000 college students have entered to run this year and over the previous four years a combined total of 11,000 college students have participated in our championships."

The entry list for the collegiate 10k championship boasts perhaps the strongest men's and women's fields 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 powerful up front, led by four U.S. Olympic Team Trials qualifiers.

"On behalf of college students everywhere we want to thank the Ukrop's Monument Avenue 10K, Sports Backers, and the event partners for their support of this amazing event," said Collegiate Running Association president **Steve Taylor**. "We formed the Collegiate Running Association in order to create new opportunities for all college students who enjoy running, and to provide a unique and competitive experience for some of the top athletes taking classes around the country. This event provides an avenue for emerging runners who are



continuing their education to earn financial rewards to help offset their higher education expenses. It's been a bridge to success for many student-athletes, including the 2016 Olympic Silver Medalist in the 5000m, Paul Chelimo, and 2016 World Mountain Running Champion and 2017 World Snowshoe Running Champion, Joe Gray. It has also provided an outstanding experience for social college runners who want to experience the city of Richmond."

2017 champion, **Rachel Ward (University of Virginia / Ragged Mountain Racing)**, returns to defend her title. Ward, a standout at the University of Virginia as an undergraduate, is now taking graduate classes. She will face several competitors who could dash her hopes of becoming a repeat champion, including **Clara Santucci (West Virginia University)**, who has two top-ten finishes in World Marathon Major Championships, including a 5th place finish in the 2014 Chicago Marathon. Other top entrants to keep an eye on include **Bethany Sachtleben (Northern Virginia College/Saucony)**, **Letitia Saayman (Campbell University)**, **Janel Blancett (Emory University / Atlanta Track Club)**, **Maddie Ivey (Metropolitan College of Nebraska / Team House Theory)** and **Emily Potter (Sandhills College / Pacers Georgetown Running Club)**.

Sachtleben was the Collegiate Running Association's 2016 Athlete of the Year and no stranger to Richmond. She won the 2017 Richmond Marathon in 2:39:00 to qualify for the 2020 U.S. Olympic Team Trials and finished 2nd here in the 2016 Collegiate 10K Championships. She in great form as shown at last weekend's Cherry Blossom 10 Mile Run, where she ran 54:59 to place 8th (3rd U.S. finisher) in the world-class field.

The men's field is equally impressive. **Ryan Hagen (Mary Baldwin University / VT Elite)** is the defending men's champion and the 2016 runner-up. Hagen knows the course as well as anyone and will certainly know and anticipate where moves will be made. With his 4:02 mile speed, Hagen should be tough to match if it comes down to a sprint like last year.

Expected to push Hagen will be **Matt McDonald (Georgia Tech / Atlanta Track Club)**, **Cale Wallace (University of Arkansas)**, **Samuel Mueller (Auburn University / Rabbit Elite)**, **Ryan Roush (Youngstown State University, OH)**, **Joshua Park (Ohio University)**, **Harrison Toney (James Madison University)** and local University of Richmond standouts **Miles Clikeman**, **Tim Gruber** and **Jonathan Hogue**.



TOP COLLEGIATE WOMEN (as of 4/9/2018)



Rachel Ward (Bib #30) (Univ. of Virginia / Ragged Mountain Racing): The defending Collegiate 10K Road Race National Champion where she ran 35:55 to win the 2017 Ukrop's 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 and is now in graduate school...Placed 15th at the 2012 U.S. Olympic Team Trails 10K...5th 2014 USATF National Championships-10K...Competed in the 2016 U.S. Olympic Team Trials-Marathon...

Personal Bests (track): 5K-15:36.84...10K-32:15.85



Clara Santucci (Bib #32) (West Virginia University): Santucci has two top ten finishes in World Marathon Major Championships, including a 5th place finish in the 2014 Chicago Marathon. She won back-to-back victories in the Pittsburgh Marathon in 2014 and 2015 and finished 7th at the US Olympic Marathon Trials in Houston in 2012. In 2014, Santucci represented the United States in the IAAF World Half-Marathon Championships in Copenhagen. She was the first American and seventh place finisher in the 2013 Chicago

Marathon...First American to finish and ninth-place in 2013 Ottawa, Canada, Marathon...Won the 2013 City of Pittsburgh Great Race...Seventh-place finish in the 2012 Olympic Team Marathon Trials...Third American to cross the finish line for 16th place in the 2011 Boston Marathon in her professional debut (in a field of over 40,000 runners)...Fourth-place finish in the 2011 USA 15-K competition...Sixth place in the 2011 USA Half Marathon Championship event...First place in the 2010 Rothman Institute 8-K Road Race...Fifth place in the 2010 USA 10-K Road Championship...Fourth place in the 2010 USA 20-K Championship...Eighth place in the 2010 Outdoor Championship 10-K competition.

As an undergraduate also at West Virginia University, she was named NCAA D1 All-American in cross country as a junior (2009) and then four times as an All-American for trials on the track.

Personal Bests: 5K-16:01...8K-26:23...10K-32:53...15K-50:34...20K-1:09.01...Marathon-2:29:34



Bethany Sachtleben (Bib #31) (Northern Virginia College/Saucony): 2016 Collegiate Running Association Athlete of the Year...2017 Richmond Marathon winner in a U.S. Olympic Team Trails qualifying mark of 2:39:00...Placed 8th (3rd U.S. Finisher) in the recent 2018 Cherry Blossom 10 Mile Run in Washington, DC running 54:59 on April 8th...Placed 2nd in the 2016 Collegiate 10K



Road Race National Championships within the Ukrop's 10K...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)... Fun fact...holds the 3rd fastest female beer mile in the world (6:21) at the 2017 Nautical Beer Mile.

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 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-15:48...10K-32:50...Half Marathon-1:13:28...Marathon-2:39:00 (2017 Richmond Marathon winner)



Letitia Saayman (Bib #34) (Campbell University): From Pretoria, South Africa she attended Coastal Carolina University where she earned 2015 NCAA D1 Cross Country All-America honors while completing her undergraduate degree...She's now a graduate assistant coach for the Campbell University Track & Field/XC team where she is working on a master's degree in School Counseling... Placed 2nd in the 2017 Richmond Half-Marathon running a personal best 1:15:14.

While at Coastal Carolina University she won countless races and honors.

Personal Best's: 5K-16:47.70...10K-34:33.85...Half Marathon-1:15:14 (Richmond 2017)



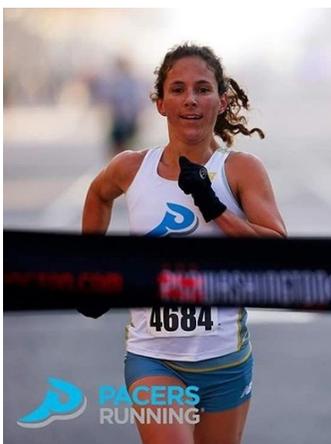
Janel Blancett (Bib #33) (Emory University / Atlanta Track Club): Grew up in Atlanta, GA where she attended Lakeside High School before attending Georgia State University where she competed as an undergraduate. She is now studying Public Health at Emory University where she competes for the Atlanta Track Club.

Personal Bests: 5K (track)-16:13...10K-35:50...15K-54:15...Half Marathon-1:17:34



Maddie Ivey (Bib #35) (Metropolitan College of Nebraska / Team House Theory): Maddie lives in Golden, Colorado and is on top of her running game this spring. Already, she has won the 2018 Philadelphia Hot Chocolate 15K and winner of the 5k and Holiday Half Marathon Pomona CA. In March she won the 2018 Beaufort Twilight Run 8K in course record time of 28:31...Placed 10th on the 2017 Rite Aid Cleveland 10K (37:46)...She completed her undergraduate degree at Creighton University in Omaha, Nebraska where she was a standout on the track & field and cross country teams.

Personal Bests: 5K-16:52...8K-28:31...10K-37:46



Emily Potter (Bib #38) (Sandhills College / Pacers Georgetown Running Club): Emily started running in high school, and continued running cross country and track at Army West Point. After several years just running for fun and adjusting to life in the Army, Emily ran her first marathon in 2005, placing 3rd at Marine Corps. From there she knew marathons were in her future, and was hooked. After spending two years as a resident athlete at the Olympic Training Center in Colorado Springs trying out the sport of Modern Pentathlon, she began to focus on running, and in 2008 she was the National Trail Marathon champion, and competed in her first U.S. Olympic Team Trials Marathon. In 2012, Emily ran her personal

best of 2:39:55 for the marathon at the Trials, placing 40th. She ran her third Olympic Trials in 2016, and plans to qualify for her fourth in 2020, so that her young daughters will be old



enough to cheer her on. **Personal Bests: 5K-17:18...10K-35:18...10 Miles-57:51...Half Marathon-1:16:54...Marathon-2:39:55**



Taylor Clevinger (Bib #37) (Virginia Commonwealth University-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... Placed 4th in the 2017 Collegiate 10K Road Race Championships within the Ukrop's 10K with a time of 37:53.

Named the 2016 Indoor and Outdoor Athlete of the Year for the Spiders. During her career Taylor ran 11 Atlantic 10 Conference Indoor Track Finals winning 6 gold, 3 silver and 1 bronze in the medal count ...

Emily Latimer (Bib #39) (Virginia Wesleyan University): The Chesapeake, VA native attends Virginia Wesleyan University where she has completed her NCAA eligibility...Placed 2nd in the 2017 ODAC Outdoor Championships in the 5000m with a time of 18:44.02. Ran her personal best for 10K (39:11.61) at the 2017 Liberty Twilight meet.

Lauren Moring (Bib #41) (Virginia Commonwealth University): Lauren attended Hanover High School before completing her undergraduate degree at Virginia Tech. Now finished 7th in the 2017 Collegiate 10K Road race Championships within the Ukrop's 10K running 39:28.

Hayley Billingsley (Bib #42) (Virginia Tech): Ran 39:11 at the 2016 Ukrop's Monument Avenue 10K.

Stephanie Cario (Bib #36) (James Madison University): Stephanie lives in Bridgewater, VA...Completed her undergraduate degree at Virginia Tech and continues working on her master's degree in sports leadership at James Madison University. She won the 2016 Bridgewater Community 5K in 18:17... Also won the 26th Beach Paper Firecracker 5K in Rehoboth Beach, DE with a time of 19:14...Ran 39:24 in the 2016 Apple Blossom 10K in Winchester, VA to place 2nd...

Jacqueline (Jackie) Morgan (Bib #40) (VCU / Mega Runners): Jackie attends VCU where she is enrolled in the REMS PhD program. She finished 8th in the 2017 Collegiate 10K Road race



Championships within the Ukrop's 10K running 39:49...Ran a personal best (1:28:44) earlier this year at the 2018 Wrightsville Beach Half-Marathon...Also cracked the landmark 3 hour marathon running 2:58:45 to place 2nd in the 2017 Jacksonville Marathon.

Meghan Mulroy (Bib #44) (Purdue University): Meghan lives in Lafayette, Indiana where she attends Purdue University as a graduate research assistant within the Forestry and Natural Resources program...She ran 1:30:31 in the 2017 One America 500 Festival Half Marathon.

Meghan Beard (Bib #43) (Virginia Commonwealth University): Placed 3rd among female runners and 11th overall at the 2017 Chessie Trail Half Marathon.

TOP COLLEGIATE MEN (as of 4/9/2018)



Ryan Hagen (Bib #2) (Mary Baldwin University / VT Elite): 2017 Collegiate 10K Road Race National Champion (Ukrop's 10K), back to defend his title... 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 University.

Personal Best's: Mile-4:02...Half Marathon-1:06:39



Matt McDonald (Bib #7) (Georgia Tech / Atlanta Track Club): In mid-2015 Matt moved to Atlanta where he runs the for **Atlanta Track Club** and pursues a Doctorate in Chemical Engineering at Georgia Institute of Technology (Georgia Tech)...On December 3, 2017 he ran 2:18:31 for his debut marathon at the California International Marathon.

In fall of 2011 Matt joined the Princeton University Tigers and found immediate success as the Ivy League XC Rookie-of-the-year, being the first freshman to cross the finish line at the Heps that fall. He continued to contribute to the Tigers as the 5th man on the 11th place 2012 NCAA D1 Championship team and captain of the Triple Crown winning 2014-2015 Tigers; winning the Ivy League 10K



championship (outdoors) running (29:50.09) and placing runner-up in the 5K (indoors) in 2015. Ran a personal best (29:38.76) to place 2nd in the 2015 Larry Ellis Invitational. Qualified for the 2015 NCAA Championships East Preliminary Round in the 10,000M.

Matt began his running career at North Hunterdon High School (NJ) where he was a Footlocker XC Finalist in 2010 and the NJ indoor 3200m Champion in 2011.

Personal Bests: Track 5K-14:11.69...10K-29:38.76...Road: Half-Marathon-1:05:10...Marathon-2:18:31



Cale Wallace (Bib #16) (University of Arkansas): Hometown is Cypress, TX...After a successful high school career he chose to attend the University of Arkansas where he earned first team All-America honors in the DMR for the Razorbacks...Opened the 2015 outdoor season with a top-15 finish in the 5,000 at the Stanford Invitational, clocking a new personal best of 14:15.10 ... Raced to a new 1,500 best of 3:40.67 at the 2015 John McDonnell Invitational (4/23) to win the event title ... Finished fifth in the steeplechase at the 2015 Payton Jordan Invitational with a PR of 8:44.09 ... Earned eight points for Arkansas with a runner-up finish in the steeplechase at the SEC Outdoor Championship to gain All-SEC Second Team recognition ... Qualified for the NCAA Championships West Preliminary Round, finishing his season as the 20th-best performer in the region.

Personal Bests: 1500M-3:40.67...Mile-4:06.28...3K-8:21.27...5K-14:15.10...8K (XC)-24:04.2...10K (XC)-30:01.9



Samuel Mueller (Bib #3) (Auburn University / Rabbit Elite): Studying Veterinary Medicine at the Auburn University College of Veterinary Medicine. Won the 2017 and 2015 Pittsburgh Great Race (10K)...Placed 5th in the 2015 Collegiate Half Marathon National Championships in Norfolk, VA...Earned 2013 NCAA D1 South All-Region honors in cross country for the Auburn Tigers...Ran a 10K personal best (29:49) at the 2013 San Francisco Distance Festival.



Personal Bests: 5K-14:21...10K-29:49...8K-24:09...Half-Marathon-1:06.19

Ryan Roush (Bib #4) (Youngstown State University, OH): Ryan currently attends Youngstown State University pursuing a doctorate of physical therapy. Competed for 4 years at Malone College where he was a 2 time All-American under Coach Jack Hazen. As a 5th year senior competed for Youngstown State University and qualified for the NCAA Championships East Preliminary Round in the 10,000M run...Ran 29:25 at the 2016 Mt SAC Relays in Walnut, CA.

Personal Bests: Track 5K-14:29...10K-29:25...Road: 1 Mile-4:08...5 Miles-23:48



Miles Clikeman (Bib #8) (Univ. of Richmond): The Richmond, VA native attended Veritas School. As a freshman for the Spiders he set the U.S. Junior (U20) National Record (1:09:07.96) within the 2017 Collegiate Running Association Track 20K held on the University of Richmond campus...Placed 6th in the 2017 Collegiate 10K Road Race National Championship within the Ukrop's 10K...Won the 2018 UCS Invitational 5K and 2018 Fred Hardy Invitational 5K...Placed 9th in the 2018 IC4A Indoor Championship 5K running 14:35.71...Placed 35th at the 2018 USATF Cross Country Championship in Tallahassee, FL.

In high school won seven VISAA State Championships in Virginia, including three consecutive Cross Country titles in 2013, 2014

and 2015.

Personal Best's: 5K-14:35.71...5 Miles (XC)-24:58



Tim Gruber (Bib #6) (Univ. of Richmond-Teacher Licensure Program): A Huntersville, NC native...Last year placed 5th in the 2017 Collegiate 10K Road Race National Championships (31:33). Placed 3rd in the 2016 Collegiate Mountain Running National Championships in Lincoln, NH...Placed 5th in the 2015 Collegiate 10K Road Race National Championships within the Ukrop's 10K (31:41)...

Personal Bests: 5 Miles (XC)-24:56...10K-31:33



Johnny Hogue (Bib #9) (Univ. of Richmond): Cairo, WV native... A senior for the Richmond Spiders, Hogue. Placed 9th in the 2017 Collegiate 10K Road Race National Championships within the Ukrop's 10K...Earned 2017 All-Atlantic 10 Conference 1st Team honors for placing 5th in the cross country championships...Placed 23rd in the 2016 USATF Cross Country Championships in Bend, OR...Placed 5th (31:56) in the 2016 Collegiate 10K Road Race National Championships within the Ukrop's 10K... Placed 7th in the 2016 Collegiate Mountain Running National Championships in Lincoln, NH... Placed 9th in the 2015 Collegiate 10K Road Race National Championships within the Ukrop's 10K.

PR's- 24:59-5 Miles (XC)...31:06-10K (XC)

Joshua Park (Bib #5) (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 ran a 10K personal best of 30:38 run at the 2018 Raleigh Relays in NC.



Harrison Toney (Bib #10) (James Madison University): Attended Roanoke College for his undergraduate degree before pursuing his master's degree in Kinesiology at James Madison University. This fall he won the 2017 Anthem Wicked 10K in Virginia Beach running 31:52 and placed 3rd in the Capital 10 Mile Run (52:40)...Had a stellar career at Roanoke College where he placed 10th in the 3KSC at the 2016 NCAA DIII Outdoor T&F Championships...A 6-time ODAC Champion...

Personal Bests: 3KSC-9:09.71...5K-14:47.26...8K (XC) 25:02.2...10K-31:52



Did you know?

- Since 2014 over 11,000 college students from across the U.S. have participated in Collegiate Running Association National Championships.
- This year nearly 2,000 college students from across the U.S. have already entered the 2018 Collegiate 10K Road Race National Championship/Ukrop's 10K.
- Since 2014 the Collegiate Running Association and our race partnerships have awarded over \$80,000 in prize money and travel specifically to college students.
- Over the past 4 years (2014-2017) 17 Collegiate Running Association members have qualified for 53 USATF National Teams.
- 2018 will mark the 5th consecutive year the Ukrop's Monument Avenue 10K has hosted the Collegiate 10K Road Race National Championships.
- 2018 will mark the 5th consecutive year the Collegiate Mountain Running National Championships are hosted concurrently with the USATF Championships.
- 2014 Collegiate 10K Road Race National Championship/Ukrop's 10K male winner (Paul Chelimo-UNC-Greensboro/Kenya) became a U.S. citizenship and won the Silver medal (2nd- 13:03.90) in the 5,000M at the 2016 Rio Olympic Games and Bronze medal (3rd) in the 2017 IAAF World Outdoor Track & Field Championships (5,000M)
- 2015 Collegiate Running Association Male Athlete of the Year and 2015 Collegiate Trail Race National Champion, Joe Gray (Colorado Springs, CO /Colorado Bible College) won the 2016 World Mountain Running Championship and 2017 World Snowshoe Running Championship. He placed 2nd in the 2015 2014 Collegiate 10K Road Race National Championship/Ukrop's 10K.
- The Collegiate Running Association has expanded our partnership with [Sports Backers Kids Run RVA](#) to promote physical activity to youth across the Richmond, VA area.

ENTRY LIST (as of 4/12/2018)

First Name	Last Name	Seed Time	Gender	BIB
Ryan	Hagen	0:30:37	M	2
Samuel	Mueller	0:29:59	M	3
Ryan	Roush	0:30:00	M	4
Joshua	Park	0:30:40	M	5
Tim	Gruber	0:31:00	M	6
Matthew	McDonald	0:31:00	M	7
Miles	Clikeman	0:14:35	M	8
Jonathan	Hogue	0:31:06	M	9
Harrison	Toney	0:31:52	M	10
Patrick	Wachter	0:33:52	M	11
Rylan	Flint	0:33:30	M	12
Scott	Honaker	0:34:00	M	13
Jacob	Warner	0:34:09	M	14
Heath	Anderson	0:34:00	M	15
Cale	Wallace	14:11	M	16



**Women's
Entry List**

Rachel	Ward	0:35:00	F	30
Bethany	Sachtleben	0:33:30	F	31
Clara	Santucci	0:34:00	F	32
Janel	Blancett	0:34:30	F	33
Letitia	Saayman	0:35:13	F	34
Maddie	Ivy	0:34:30	F	35
Stephanie	Cario	0:36:30	F	36
Taylor	Clevinger	0:37:00	F	37
Emily	Potter	0:35:18		38
Emily	Latimer	0:38:45	F	39
Jacqueline	Morgan	0:38:30	F	40
Lauren	Moring	0:38:50	F	41
Hayley	Billingsley	0:39:30	F	42
Meghan	Beard	0:39:52	F	43
Meghan	Mulroy	0:39:00	F	44
Anna	Cole	0:40:00	F	45
Rachel	Smith	0:41:30	F	46
Maura	Finn	0:41:19	F	47
Tori	Reese	0:41:28	F	48
Kimberly	Donohue	0:40:52	F	49

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