



COLLEGIATE  
**RUNNING**  
ASSOCIATION  
TRAIL RUNNING CHAMPIONSHIP



## Records Fall as Jaskowak and Isaac Claim Collegiate Trail Running National Titles

*Race was held within the Thunderbunny 12K in Ohio's Strouds Run State Park*



Tim Hibbard Photo



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### 2019 Collegiate Trail Running National Champions

Daniel Jaskowak (Virginia Tech)

Ellen Isaac (Ohio Univ./Walsh Univ.)

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**May 11, 2019 – Athens, Ohio** – Daniel Jaskowac (Virginia Tech) and Ellen Isaac (Ohio University/Walsh University) were victorious in the Collegiate Running Association's 2019 Trail Running National Championships this morning in Athens, Ohio. Held within the Thunderbunny 12K in Strouds Run State Park, the men's race featured the closest finish in the Collegiate Running Association's six year history.

Runners were greeted with sunny skies and morning temperatures in the low 50's at the Thunderbunny Trail Races (12K, 25K, and 50K). Despite muddy trails due to recent rain, college runners from as far away as Ashland, Oregon, came ready to attack the course. And attack, they did.



*Jaskowac leads Park, Campbell and Raftis at 2.5 miles of the Collegiate Trail Running Championships in Athens, OH*

On the men's side, a stellar field was led by Daniel Jaskowac (Virginia Tech/VT Elite), who finished 3<sup>rd</sup> in last month's 2019 Collegiate 10K Road Race Championships (30:11); Joshua Park (Ohio University/Ohio Valley Running Company), the 2018 MAC Cross Country Champion; Anthony Raftis (Queens University), who ran 29:52 on the track for 10K two days ago; Noah Campbell (University of Richmond), a member of the 2018 U.S. Sky Running Team (U20); David Magda (Davis & Elkins College); and Colin Lamb (University of Dayton).

From the start it was clear the course record of 57:19 would be in jeopardy as the top ranked college runners separated themselves from the pack early on. After covering the opening mile at 4:50 pace on a road before turning to single track trail, Jaskowac led slightly over Park, followed by Campbell, Raftis and Magda in close pursuit. While on the six-mile single track Thunderbunny Trail, Jaskowac and Park gradually pulled away, while the top-six men all continued to run under course record pace.

After 7 miles of aggressive racing, Jaskowac and Park emerged from the trails together, with only 250m left to race on a mixture of road and grass. After making a charge for the lead coming out of the woods, Park had a one-step advantage on Jaskowac heading into the final 100m, however Jaskowac would have one final surge about 50m



*Jaskowac edges Park for the title in the closest Collegiate Running Association finish in history.*

from the finish line that would propel him into 1<sup>st</sup> place, which he held until the end. Jaskowak's time of 44:11 and Park's 44:12 both crushed the previous 2017 course record of 57:19 held by Tim Myers, and earned them \$750 and \$500 respectively. Raftis (45:23), Campbell (46:49), and Magda (47:31) rounded out the top 5 collegian and overall finishers. Ultimately, the top 10 finishers all broke the previous course record.

In the women's race, Ellen Isaac's (Walsh University/Ohio Valley Running Company) run to victory was not nearly as closely contested. The Ohio University graduate, now in school at Walsh University for Physical Therapy, charged to the lead over the first mile and never looked back. By the mid-point in the race, at the State Park Road crossing, Isaac had amassed a nearly 90 second lead over Sydney Niekamp (University of Akron), with Katlyn Luther (Walsh University) following another 30 seconds back.



*By 2.5 miles, Ellen Isaac was all alone on the Thunderbunny Trail.*

The order would remain the same to the finish as Isaac claimed victory and was crowned the 2019 Collegiate Trail Running Champion in a time of 50:37 and the \$750 prize as the top collegian. Her mark not only eclipsed the women's course record of 59:53 set in 2018 by Hannah Charbel, it was also well under the previous men's course record.

Niekamp ran a great race despite taking the 'fall of the day' during the race. Her head first slide in the mud did not deter her as she claimed \$500 for the runner-up spot with a time of 56:05. Finishing in 3<sup>rd</sup> (\$250), Luther closed well in the final stages of the race to run 56:52; the top 3 collegiate women broke both the men's and women's course records.

"We were extremely impressed by our collegiate fields this morning" said CRA co-founder Steve Taylor. "They were running fast up front. It is exciting to note this was the first trail race for 5 of the top 6 men and the top 3 college women today. Without question this is a destination event and these are destination trails everyone should experience. The old forest growth and amazing rock formations throughout the course are some of the most unique I've ever seen in a race. We couldn't be happier to partner with an event that opens the trail running community and opportunities to participants of all ages. The word will spread about these trails and this event so others get out and explore a truly unique place to run and exercise. Promoting healthy lifestyles through running is the CRA's mission, and opening opportunities for college students through trail, mountain and road running is something we continue to do. There is no better way to

accomplish our mission than to work with the South East Ohio Trail Runners (SEOTR), an organization dedicated to exactly that.”

Look for details on the 2020 Thunderbunny Races to be announced in the coming weeks.



Place	Name	Age	Time	Hometown	School	Prize Money
<b>Collegiate Men</b>						
1	Daniel Jaskowak	25	44:11	Blacksburg, VA	Virginia Tech	\$750
2	Joshua Park	22	44:12	Amherst, OH	Ohio University	\$500
3	Anthony Raftis	21	45:23	Kent, WA	Queens University	---
4	Noah Campbell	19	46:49	Montpelier, VA	Univ. of Richmond	
5	David Magda	21	47:31	Chillicothe, OH	David & Elkins	
<b>Collegiate Women</b>						
1	Ellen Isaac	23	53:48	Athens, OH	Walsh University	\$750
2	Sydney Niekamp	19	56:05	Napoleon, OH	University of Akron	\$500
3	Katelyn Luther	21	56:52	North Canton, OH	Walsh University	\$250
4	Adriana Navarro	34	1:11:36	Jackson, OH	Cal State	
5	Madeline Sweeney	25	1:19:55	Columbus, OH	Franklin University	





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