**Press Release** September 29, 2020

On Friday, October 2, some of the top professional, college, and high school distance runners on the East Coast will be racing some fast 5k’s on the track in the NYC area. Some will be racing in hopes of achieving an Olympic Trials standard, one will be going for a high school state record, and many more will be striving for personal bests during a time when racing opportunities are scarce. Two one mile races have been also added to the program including an elite race and a sub 5:00 attempt by Sports Illustrated writer and commentator Chris Chavez. Chris and his partner Ryan Sterner will also be providing live commentary throughout the night. To watch live streaming of the meet, please visit http://bakline.com/nightofthe5k or check out the Citius Mag Youtube page.

**Men’s Elite 1 Mile**

Coming off a near photo finish against Johnny Gregorek at the NY Armory one week ago in the 800 meters (1:47.11 to 1:47.37), Colby Alexander will toe the line for a fast mile attempt. He’ll be paced by Gregorek and will also be joined by Jon Dove who recently posted a 3:48 1500.

Alexander leads Gregorek one week ago in the 800 meters

(Photo Credit: John Nepolitan)

**Men's Elite Mile Notables**

Colby Alexander 1:46.09 800 3:34 1500

Johnny Gregorek (Pacer) 1:47.12 800, 3:52 mile

Jon Dove 3:48 1500

**Women’s 5K**

Allie Kieffer and Lindsey Scherf will lead a field loaded with Olympic Trials Qualifiers as they look to challenge the 15:20 5000 meter qualifying mark for next summer's Olympic Track Trials. Kieffer, who posted a 2:28:12 marathon at NYC in 2018 looks to regain her form.

Allie Kieffer preps for the Night of the 5K

Photo credit: Matthew Vosburgh

Lindsey Scherf is coming off a strong 2020 buildup and looks to go after a big personal best in the track 5K distance.

Lindsey Scherf sets indoor Marathon WR in 2019

Photo Credit: John Nepolitan

2018 Foot Locker Cross Country Champion Sydney Masciarelli (Senior, Northbridge, CT) will join the top women’s heat after posting a 16:43 road 5K last week at the New England’s Finest 5K Throwdown. Sydney currently owns the Connecticut state record with a 16:16.20 from 2019.

Sydney Masciarelli winning Foot Locker Nationals 2018

Photo Credit: John Nepolitan

Prep star Brooke Rauber (Senior, Tully NY) who is also coming off an impressive 16:32 track 5K two weeks ago at the GSTC Fall HS Showcase, will have her sights set on the New York State Senior Class record of 16:18 held by Kelsey Chmiel from 2019.

Brooke Rauber Photo Credit: John Nepolitan

**Women's Heat A**

Allie Kieffer 15:52 5K, 32:09 10K, 2:28 Marathon

Lindsey Scherf 15:55 5k, 32:27 10K, 2:32 Marathon

Crevoiserat, Lindsay 9:09 3k, 15:58 5K

Brooke Rauber NY HS Senior 16:32 5K 2 weeks ago

Gemma Nuttall Gr. Iona College, 4:39 mile, 9:28 3k

Elise Ramirez 16:34 5K

Rebeka Stowe 3K steeple 9:52, 16:08 5k

Kaitlyn Ohrtman Gr. Iona College, 4:20 1500m

Sasha Whittle 4:33 1500, 17:04 5K

Victoria Kingham 4:26 1500, 16:37 5K

Sydney Masciarelli CT HS Senior, 2018 FL National Champ, 9:21 3K, 16:16 5K

Christine Ramsey 16:35 5K, 34:51 10K, 2:39 marathon

Danielle Aragon (pacer) 4:09 1500

**Women's Heat B**

Ana Johnson 17:19 5K, 2:43 marathon

Jordan Cuningham-Snyder 17:29 5K

Grace Bowen 17:18 5K, 2:44 marathon

Emmi Aguillard 17:15 5K

Jessica Chichester 17:26 5K, 2:42 marathon

Alana Levy 17:46 5K

Leigh Anne Sharek 17:00 5K

Kate Gustafson 17:11 5K, 1:16 1/2 marathon, 2:40 marathon

Ashley Litoff 17:38 5K

Abigail Taylor 17:26 5K

Caroline Yarbrough 16:20 5K

Sarah Fountain 17:35 5K

Carly Graham 17:41 5K

Amanda Asaro 17:01 5K

Aileen Barry 16:28 5K, 2:44 Marathon

Haley Ritsema 2:16 800, 4:47 1500

Meggie Sullivan (Pacer) 4:18 1500

**Men’s 5K**

2016 Olympian Donn Cabral will lead a competitive men’s field which also features 2016 Olympian Mohamed Hrezi (Libya), Iona College star Ehab El-Sandali (Canada), and a string of others who will look to challenge the 14:00 mark over 5000 meters. Others in the field include Matthew Crowe (13:57 5K), Dylan Grearinger (7:59 3K), Brendan Martin (2:15 marathon), John Busque (29:22 10K), Ryan Kutch (14:04 5K) and Duriel Hardy (2:18 marathon)

Donn Cabral competing this past winter

Photo Credit: John Nepolitan

Prep star Aidan Puffer (Junior, Manchester CT) will be in the second heat, coming off a strong 14:34 road 5K last weekend at New England’s Finest 5K Throwdown; Alex Ostberg currently holds the Connecticut junior class and state record with his 14:16.61 from 2015.

Aidan Puffer Photo Credit: John Nepolitan

**Men's Heat A**

Don Cabral 2016 Olympian, 13:22 5K, 8:13 Steeplechase

Mohamed Hrezi 2016 Olympian (Libya) 13:42 5k, 61:11 1/2 Marathon (NR)

Ehab El-Sandali Gr. Iona College. 13:52 5K, 2 x Canadian U20 XC Champ

Matthew Crowe 13:57 5K

Duriel Hardy 14:05 5k, 2:18:23 Marathoner

Ryan Kutch Fordham University '20, 14:04 5K, 29:20 10k

Dylan Grearinger 3k 7:59, 5K 14:13

John Busque 14:11 5K, 29:22 10K

Sam Geha 2:24 debut marathon

Everett Hackett 14:03 5K, 64:34 1/2, 2:18:57 Marathon

Brendan Martin 14:01 5K, 2:15 Marathon

Jamie Dee Jr. Iona College 8:04 3k, 14:04 5K

Mike O'Leary 4:06 mile, 8:10 3K

Daniel Winn (Pacer) 3:37 1500, 13:52 5k

Tom Slattery (Pacer) 14:00 5K

**Men's Heat B**

Alex Norstrom 29:57 10K

Graham Baird 14:10 5K

Campbell Lee Jr. Iona College 3:51 1500

Jac Hopkins Gr. Iona College, 8:05 3K

Mitchell Ammons 67 1/2 marathon, 2:24 marathon

Billy Ullrich 4:04 1 mile, 8:11 3K

Patrick Hanley 14:32 5K

Greg Morgan 1500 3:46, 3k 8:14, 5K 14:20

Aidan Puffer

CT HS Junior, 8:58 2 miles, 14:47 5K track, ran 14:34 on road 5K last week

Ryan Archer 14:38 5K, 30:29 10K

David Kilgore 14:27 5K, accomplished Ultra runner

Paul Matusak 14:40 5k, 2:22 marathon

Matthew Farrell 14:25 5K, college freshman

Zachary Barker 14:39 5K, 30:04 10K, 2:20 marathon

Josh Hibbs 14:37 5K, 2:19 marathon

Matthew Farrell College freshman 14:25

Sam Montclair 14:44 5K

Sean Donohue 14:46 5K

Miguel Galvez 14:42 5K

Paul Markovina 8:32 3K, 15:03.31 5K

Stephen Gomez 14:43 5K

Joe Stilin (Pacer) 3:39 1500, 13:32 5K, 28:21 10K

**Men's Heat C**

Tim Rossi 15:23 5K

Jeff Weinstein 15:02 5K

Alberto Mena 15:18 5K

Chase Junell 15:13 5K

Timofey Karginov 14:59 5K

Jonathan De Souza 8:24 3K

Ryan Jendzejec 1:52 800, 4:11 Mile

Jason Ayr 14:50 5K

Mike Digennaro 14:02 5K, 8:35 3K steeple, competing as masters

Jeremy Arthur 2:23 Marathon

Christopher Mateer 15:01

Stephen Rathbun 14:56 5K

Gerard Connelly 15:03

Alberto Mena 15:18 5K

Jordan Daniels NT

**Men’s Mile Sub 5:00**

Chris Chavez of Citius Magazine who will also be doing commentary with his partner Ryan Sterner will kick off the meet with a sub 5:00 mile challenge!

Chris Chavez, Citius Magazine

**Men's Mile Sub 5**

Chris Chavez

Michael Cosentino (Pacer)