



August 8, 2026

A History and Program



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WELCOME to the 8th GUARDIAN MILE....

An iconic Cleveland bridge spanning exactly one mile, a half mile up and a half mile down. What is the best strategy to run a fast time on this main artery into downtown Cleveland? How fast or how slow should I run that first uphill half-mile?

We're still trying to figure that out!

But one thing we do know is that it is a road mile like no other!

It's a very fast one mile course for those who are fit enough to get to the top of the hill with enough left in the tank to take advantage of gravity over the second half of the race. **How fast is it?** In the 2022 edition, those lucky enough to watch the men's elite race are now able to say they saw the fastest mile in American history! Johnny Gregorek led 3 men under the 3:49 mark with Johnny running the fastest mile in American history...3:46.67.

WOW! So it must be short or significantly downhill point to point...

In 2023 we had World Athletics Grade A Measurer Jane Parks come out to certify the course and we received unbelievable news. After being officially USATF certified as an accurate course EXACTLY one mile in length, we became the first ever and ONLY road mile in the United States in 2023 where the runners in our elite men's and women's races could earn points toward their 1500 meter track world ranking. World rankings are used by many national federations as selection criteria for World Championship and Olympic teams. In 2025 we continue to be a "points eligible" course for our elite runners in their quest for a higher world ranking and for helping them achieve their ultimate goal of qualifying for World Championships and Olympic Games.

OK, it's an accurate, certified mile, but is it net downhill?

According to the certification, it is 4 meters net downhill. Very close to level. We would argue that the difficulty of racing uphill for the first half-mile negates any advantage you may gain from the net 4 meters down. But the only way to find out for yourself is to get out there and give it a go!

THE MOST UNIQUE ROAD MILE IN AMERICA...

HOW IT ALL BEGAN...

One day in 1996, the Alexander family was driving into downtown Cleveland. Dad mentioned to 5 year old Colby, "Look at that bridge over there. It's a mile long."

COLBY..."Is it the longest bridge in history?"

Over the years, every time we drove past the bridge, Colby would marvel at just how long and how cool the bridge was.

Fast forward to 2017...Colby is now out of college and running professionally. He's back in Cleveland during a summer visit. As we drove past the bridge he said to his Mom, "Lots of cities are now having one mile road races. It would be amazing to one day have a race over that bridge. I could invite all my fast friends."

Not long after that and unbeknownst to Colby, his Mother, always up for a challenge, rounded up all HER fast friends and formed a committee to look into the possibility of putting on a World Class mile race over Colby's favorite bridge.

The committee decided something of this magnitude would take at least a year of planning to pull it off so they got to work with a vision and lots of urgency. Within months they made the decision to shoot for August of 2018...just over 8 months from their initial meeting. Things moved quickly and a date of August 11 was set.

MOM called Colby..."Colby, call your fast friends."

COLBY, "Why?"

MOM "We're having a race over the bridge. And it's going to be spectacular."

COLBY "Wait...What?!?"

That first race went off like it had been going on for years. And it's only gotten better. Our race committee and Board of Directors are incredibly competent and if there was a Hall of Fame for this kind of thing, they would all be charter members. **Epilogue**...may not actually be "the longest bridge in history", but I'm sure after the first uphill half mile, there are quite a few runners who, by the time they cross the finish, are convinced it is.

CELEBRATING THE LIFE OF RAE ALEXANDER...

On June 21, our race director, founder of the Guardian Mile, and the creative force behind GOH Run passed away.

Rae was one of a kind. She coached for 50 years, right up until mid-June. Rae was legendary for her success as a coach. She coached her athletes to All-Ohio honors 143 times. She guided her athletes to individual State titles 25 times and All-American honors 26 times. Rae coached multiple State Championship Cross Country teams as well as State Champion and All-American relays in track.

Those accomplishments at the HS level were achieved despite coaching parts of 18 years at the Middle School level where at one long stretch her Center MS XC teams went 200-0...

Before that she was a runner. She had great range having a 20K 'PR averaging 6:00 per mile for the 12.4 mile distance all the way down to being the very first Ohio Athletic Conference 880 Champion in their inaugural meet while running for Baldwin Wallace (where she founded the women's program.) She loved to compete. Rae ran road races most weekends into her mid 60's.

Rae was a visionary. She was a workhorse. She was incredibly passionate about running. When she taught in the Strongsville system, during her summer "time off" she hosted weekly kids running camps and kindness camps. When she founded GOH Run, she continued hosting the camps as part of the GOH Run mission. For over 20 years she directed the Quest For Success running camp for HS runners.

Her smile was contagious, her energy was boundless and her love of running and giving back to the sport was unmatched.

In memory of Rae and her love of mentoring young runners, we have named our Youth Division race the "Rae Alexander Memorial Youth Division."

You can't replace a Rae Alexander
1955-2026

GUARDIAN MILE RECORDS

ELITE MEN Johnny Gregorek MA 3:46.67 2022

FASTEST MILE EVER RUN ON OHIO SOIL

AT THE TIME, IT WAS THE FASTEST MILE EVER RUN BY AN AMERICAN (INDOOR TRACK, OUTDOOR TRACK, OR CERTIFIED ROAD MILE)

ELITE WOMEN Josette Norris-Andrews NJ 4:19.66 2022

FASTEST MILE EVER RUN ON OHIO SOIL

UPHILL HALF-WAY 880 PRIME RECORD (PRO RACE)

MEN...Colby Alexander 1:55 2021, 2022

WOMEN...Tigist Ketema 2:13 2023

- Had to have won the prime \$\$\$ to get the record. (i.e. there may have been someone else with the same half-way split, but whoever was deemed ahead at that point is the runner eligible for the record)

MASTERS MEN Nate Iler (43) Steamboat Springs, CO 4:29.36 2025

MASTERS WOMEN Kristy Hill-Fritz (42) Bay Village, OH 5:23.16 2022

OPEN MEN Eric Rupe Youngstown, OH 4:06.05 2019

OPEN WOMEN Bre Rupe Youngstown, OH 4:44.89 2023

HS BOYS Brody Rupe Cortland, OH 4:19.83 2021

HS GIRLS Katie Clute Olmsted Falls, OH 4:47.51 2022

STROLLER WOMEN Ro Rupe Cortland, OH 5:32.74 2023

STROLLER MEN Aaron Apathy Westlake, OH 4:44.21 2023

ALL-TIME FASTEST MILES EVER RUN ON OHIO SOIL

MEN

INDOOR TRACK

Jose Abascal Spain 3:56.56 1984
Knights of Columbus Meet (Cleveland)

OUTDOOR TRACK

Tom Byers Columbus, OH 3:57.15 1983
Jesse Owens Outdoor Track Classic (Columbus)

CERTIFIED ROAD MILE

Johnny Gregorek NY 3:46.67 2022
Guardian Mile (Cleve) At the time, fastest mile ever run by an American
ALL-TIME SOIL RECORD

WOMEN

INDOOR TRACK

Leah O'Connor MI (MSU) 4:32.71 2015
Big 10 Indoor Champs. - Spire Institute (Geneva)

OUTDOOR TRACK

Ann Henderson Brecksville HS 4:43.5 (HT) 1979
District Meet - Kent Roosevelt HS (Kent)

CERTIFIED ROAD MILE

Josette Norris-Andrews NJ 4:19.66 2022
Guardian Mile (Cleveland) ALL-TIME SOIL RECORD

PAST WINNERS....MEN

2018

Nick Willis	NZ	3:59.31	Two sub 4:00 efforts Sam McEntee 880 Prime 2:05
Sam Prakes	OH	3:59.72	
Sam McEntee	AUS	4:00.82	
Colby Alexander	NY	4:00.87	
Jake Edwards	OH	4:02.74	

2019

Nick Willis	NZ	3:58.12	Four sub 4:00 efforts 880 Prime N/A 880 time similar to 2018
Nick Harris	CO	3:58.37	
Willy Fink	OH	3:59.07	
Craig Huffer	NZ	3:59.79	
Louis Falland	AUS	4:00.31	

2020 COVID

2021

Johnny Gregorek	NY	3:49.07	Top 9 under OH soil record Top 13 under 4:00!! Colby Alexander 880 Prime 1:55
Sam Prakes	A	3:49.98	
Vincent Ciattei	TN	3:50.28	
Colby Alexander	NY	3:50.28	
Casey Comber	PA	3:51.15	

2022

Johnny Gregorek	MA	3:46.67	Top 3 under OH soil record Top 11 under 4:00!! Colby Alexander 880 Prime 1:55
Sam Prakes	WA	3:47.64	
Kasey Knevelbaard	CA	3:48.85	
Eric Holt	NY	3:50.17	
Ben Blankenship	TN	3:50.54	

2023

Johnny Gregorek	MA	3:52.60	5 sub 4:00 efforts Luca Chatham 880 Prime 1:59
Ryan Adams	Mexico	3:55.46	
Amon Kemboi	Kenya	3:55.48	
Jack Anstey	AUS	3:56.42	
Eric Holt	NY	3:57.37	

2024

Johnny Gregorek	MA	3:59.96	1 Sub 4:00 effort Ben Veatch 880 Prime 2:03
Jack Anstey	AUS	4:00.50	
Mick Stanovsek	OH	4:00.60	
Anthony Camerieri	OH	4:01.77	
Caleb Webb	CA	4:02.13	

2025

Brannon Kidder	OH	3:57.37	6 Sub 4:00 efforts Travis Martin 880 Prime 2:05
Graydon Morris	TX	3:58.72	
Sam Prakes	WA	3:58.73	
Luke Houser	GA	3:59.66	
Mark Shannon	OH	3:59.75	

PAST WINNERS.... WOMEN

2018

Emily Lipari	NY	4:33.35	One sub 4:34 effort
Sara Vaughn	CO	4:36.71	Emily Lipari 880 Prime 2:24
Nikki Hiltz	OH	4:38.82	
Alexina Wilson	IA	4:38.88	
Therese Haiss	OH	4:39.05	

2019

Shannon Osika	MI	4:27.20	Top 3 under OH soil record
Emily Lipari	NY	4:28.56	Therese Haiss 880 Prime
Heidi See	AUS	4:31.01	Time N/A
Amanda Eccleston	MI	4:34.52	Three sub 4:34 efforts
Maddie Alm	CO	4:34.53	

2020 COVID

2021

Grace Barnett	SC	4:21.58	Top 5 under OH soil record
Shannnon Osika	MI	4:22.20	Marisa Howard 880 Prime 2:14
Dani Jones	CO	4:23.05	Ten sub 4:34 efforts
Marisa Howard	ID	4:24.24	
Dani Aragon	NY	4:24.75	

2022

Josette Norris-Andrews	NJ	4:19.66	Top 4 under OH soil record
Taryn Rawlings	TN	4:20.57	Josette Norris 880 Prime 2:15
Nikki Hiltz	AZ	4:20.95	Six sub 4:34 efforts
Emily Lipari	WA	4:21.33	
Emily Richards	OH	4:30.60	

2023

Tigist Ketema	Kenya	4:27.47	4 sub 4:34 efforts
Carina Viljoen	S. Africa	4:29.06	Tigist Ketema 880 Prime 2:13
Taylor Werner	AR	4:31.84	
Dani Jones	CO	4:32.41	
Stephanie Parsons	Canada	4:34.41	

2024

Micaela Degenero	OH	4:34.57	No sub 4:34 efforts
Heather MacLean	MA	4:34.79	Heather MacLean 880 Prime 2:18
Abby Nichols	OH	4:36.29	
Gracie Hyde	AR	4:39.87	
Jess McGorty	CA	4:40.28	

2025

Gracie Morris	TX	4:30.02	2 Sub 4:34 efforts
Emily Richards	OH	4:31.97	Jenn Randall 880 Prime 2:18
Amaris Tyynismaa	AL	4:35.07	
Jenn Randall	OR	4:36.04	
Annika Reiss	WA	4:36.80	

SUB 4:00 efforts at The Guardian Mile ... 42 Total

Men

Johnny Gregorek MA 3:46.67 2022

ALL-TIME FASTEST MILE EVER RUN ON OHIO SOIL

****Fastest Mile ever run by an American (Outdoor track, Indoor track, or Certified Road mile)**

Sam Praker	WA	3:47.64	2022
Kasey Knevelbaard	CA	3:48.85	2022
Johnny Gregorek	NY	3:49.07	2021
Sam Praker	WA	3:49.98	2021
Eric Holt	NY	3:50.17	2022
Vince Ciattei	TN	3:50.28	2021
Colby Alexander	NY	3:50.28	2021
Ben Blankenship	TN	3:50.54	2022
Casey Comber	PA	3:51.15	2021
Brett Meyer	KS	3:51.81	2021
Mick Stanovsek	OR	3:52.16	2022
Johnny Gregorek	MA	3:52.60	2023
Clayton Murphy	OH	3:53.66	2022
John Reniewicki	MD	3:54.02	2022
David Timlin	VA	3:54.78	2021
Willy Fink	MD	3:55.25	2022
Ryan Adams	Mexico	3:55.46	2023
Amon Kemboi	Kenya	3:55.48	2023
Eric Holt	NY	3:56.12	2021
Jack Anstey	Australia	3:56.42	2023
Bryce Richards	AZ	3:57.01	2021
Eric Holt	NY	3:57.37	2023
Brannon Kidder	OH	3:57.37	2025
Sean Peterson	OH	3:57.66	2022
Mick Stanovsek	WA	3:57.94	2021
Nick Willis	New Zealand	3:58.12	2019
Daniel Herrera	Mexico	3:58.36	2021
Nick Harris	CO	3:58.37	2019
Vince Ciattei	TN	3:58.45	2022
Graydon Morris	TX	3:58.72	2025
Sam Praker	WA	3:58.73	2025
Nick Willis	New Zealand	3:59.00	2018
Willy Fink	OH	3:59.07	2019
Luciano Fiore	NY	3:59.45	2021
Luke Houser	GA	3:59.66	2025
Sam Praker	WA	3:59.72	2018
Joey Berriatua	CO	3:59.74	2021
Mark Shannon	OH	3:59.75	2025
Craig Huffer	New Zealand	3:59.79	2019
Travis Martin	CT	3:59.82	2025
Johnny Gregorek	MA	3:59.96	2024

****Praker, Alexander, Stanovsek, Murphy, Fink, Peterson, Shannon, Kidder, and Adams are all former Ohio HS standouts.**

SUB 4:34 efforts at Guardian Mile ... 26 Total

NOTE: 4:34 is the female equivalent of a 4:00 mile

Women

Josette Norris-Andrews	NJ	4:19.66	2022
ALL-TIME FASTEST MILE EVER RUN ON OHIO SOIL			
Taryn Rawlings	TN	4:20.57	2022
Nikki Hiltz	AZ	4:20.95	2022
Emily Lipari	NY	4:21.33	2022
Grace Barnett	SC	4:21.58	2021
Shannon Osika	MI	4:22.20	2021
Dani Jones	CO	4:23.05	2021
Marisa Howard	ID	4:24.24	2021
Dani Aragon	NY	4:24.75	2021
Shannon Osika	MI	4:27.20	2019
Tigist Ketema	Ethiopia	4:27.47	2023
Mackenzie Andrews	PA	4:27.83	2021
Emily Infeld	OH	4:27.98	2021
Emily Lipari	NY	4:28.56	2019
Carina Viljoen	S. Africa	4:29.06	2023
Katie Rainsberger	TN	4:29.61	2021
Gracie Morris	TX	4:30.02	2025
Emily Richards	OH	4:30.60	2022
Heidi See	Australia	4:31.01	2019
Petronella Simiuc	Romania (OH)	4:31.44	2022
Taylor Werner	AR	4:31.84	2023
Emily Richards	OH	4:31.97	2025
Dani Jones	CO	4:32.41	2023
Therese Haiss	OH	4:32.67	2021
Emily Lipari	NY	4:33.00	2018
Amanda Eccleston	MI	4:33.92	2021

****Infeld, Richards, and Haiss are all former Ohio HS stand-outs**

AGE GROUP RECORDS (NON-ELITE)

MALE

8 and under	E. Thomas	Roaming Shores	6:13.86	2022
9 - 11	Micah Suttle	Westerville, OH	5:28.63	2024
12 - 15	Jacob Newman	Lakewood, OH	4:31.49	2025
16 - 18	Brody Rupe	Cortland, OH	4:19.83	2021
19 - 24	Brady Harless	Carmel, IN	4:11.69	2022
25 - 29	Eric Rupe	Youngstown, OH	4:06.05	2019
30 -34	Aaron Combs	Ft. Wayne, IN	4:07.43	2022
35 - 39	Nate Brannen	Canada(Avon Lake)	4:12.92	2018
40 - 44	Nate Iler	St Springs, CO	4:29.36	2025
45 - 49	Fred Kieser	Cleveland, OH	4:50.00	2018
50 - 54	Charles Novak	Cuy. Falls, OH	4:38.79	2021
55 - 59	John McMahon	Williamsville, NY	4:51.38	2022
60 - 64	Tim Lambrecht	Alma, MI	5:33.96	2023
65 - 69	Mark Oster	Elyria, OH	6:21.16	2024
70-over	David Williams	Cleveland, OH	6:22.92	2022

FEMALE

8 and under	H. Geletka	Painesville, OH	6:48.28	2023
9 - 11	L. Nolan	Brunswick, OH	6:19.58	2024
12 - 15	Katie Clute	Olmsted Falls, OH	4:58.53	2021
16 - 18	Katie Clute	Olmsted Falls, OH	4:47.51	2022
19 - 24	Nicole Squatrito	Cleveland, OH	4:46.68	2022
25 - 29	Bre Rupe	Youngstown, OH	4:44.89	2023
30 - 34	Ro Rupe	Cortland, OH	4:53.10	2022
35 - 39	Meryl Haring	Shaker Hts, OH	5:15.58	2022
40 - 44	Kristy Hill-Fritz	Bay Village, OH	5:23.16	2022
45 - 49	Dee Zuercher	Rocky River, OH	5:40.44	2021
50 - 54	Amy McMahon	Williamsville, NY	5:35.32	2022
55 - 59	Amy McMahon	Williamsville, NY	5:48.70	2023
60 - 64	Peggy Stimac	Painesville, OH	6:23.72	2023
65 - 69	Kay Phillips	N/A	9:40.66	2019
70 and over	Jeannie Rice (75)	Painesville, OH	6:35.19	2023

TOP 10 TIMES - OPEN MEN

Eric Rupe	Youngstown. OH	4:06.06	2019
Aaron Combs	Ft. Wayne, IN	4:07.43	2022
Eric Rupe	Youngstown, OH	4:10.15	2021
Wyatt Hartman	Cortland, OH	4:10.90	2019
Brady Harless	Carmel, IN	4:11.69	2022
Ethan Domitrovich	McDonald, OH	4:12.09	2025
Andy Morgan	Cortland, OH	4:12.19	2021
Nate Brannen	Canada (Avon Lake)	4:12.92	2018
Ethan Yost	Kent, OH	4:12.98	2023
Benson Kiema	Kenya	4:13.01	2019

TOP 10 TIMES - OPEN - WOMEN

Bre Rupe	Youngstown. OH	4:44.89	2023
Nicole Squatrito	Cleveland, OH	4:46.68	2022
Hannah Long	Akron, OH	4:48.48	2023
Katie Clute	Olmsted Falls, OH	4:50.06	2023
Katie Clute	Olmsted Falls, OH	4:51.79	2025
Sydney Meyers	Indiana	4:51.99	2019
Shelby Nolan	Toledo, OH	4:52.96	2022
Ro Rupe	Cortland, OH	4:53.10	2022
Varvara Lissichkina	Akron, OH	4:53.22	2023
Hannah Long	Akron, OH	4:53.36	2024

TOP 10 TIMES - HS BOYS

Brody Rupe	Cortland, OH	4:19.83	2021
Alex Donaldson	Cortland, OH	4:22.60	2023
Thomas Hoffman	Avon, OH	4:23.51	2021
Majid Abuaun	Rocky River, OH	4:25.88	2023
Tommy Rice	N. Canton, OH	4:26.69	2021
Logan Flament	Poland, OH	4:26.75	2021
Cormac Peppard-Kramer	Lakewood, OH	4:26.83	2019
Ty Sgambati	Medina, OH	4:28.19	2023
Drennan Atkins	Akron, OH	4:28.46	2021
Steve Zucca	Cleveland, OH	4:28.56	2019

TOP 10 TIMES - HS GIRLS

Katie Clute	Olmsted Falls, OH	4:47.51	2022
Sarah Peer	Westlake, OH	4:52.39	2023
Katie Clute	Olmsted Falls, OH	4:58.53	2021
Hannah Jicha	Strongsville, OH	4:59.43	2025
Sam Goodnough	Olmsted Falls, OH	5:02.42	2023
Kaitlyn Reese	Avon, OH	5:08.56	2025
Savannah Dennison	Mentor, OH	5:13.00	2018
Kaitlyn Reese	Avon, OH	5:14.84	2023
Hannah Jicha	Strongsville, OH	5:16.40	2024
Lillie Katsaras	Olmsted Falls, OH	5:20.81	2021

TOP 10 - MASTERS - MEN

Nate Iler (43)	St. Springs, CO	4:29.36	2025
Daniel Gibson (41)	Columbus, OH	4:32.80	2021
Rick Bement (41)	Avon Lake, OH	4:35.17	2021
Jaret Herter (44)	Rochester, NY	4:35.78	2025
Joe Eby (41)	Cleveland, OH	4:38.53	2022
Charles Novak (53)	Cuy. Falls, OH	4:38.79	2021
Joe Eby (40)	Cleveland, OH	4:39.89	2021
Joe McDaniel (40)	Medina, OH	4:42.77	2022
Joe McDaniel (41)	Medina, OH	4:42.99	2023
Joe Eby (42)	Cleveland, OH	4:43.17	2023

TOP TEN - MASTERS - WOMEN

Kristy Hill-Fritz (42)	Bay Village, OH	5:23.16	2022
Kristy Hill-Fritz (41)	Bay Village, OH	5:30.46	2021
Hidi Gaff (43)	Ft. Wayne, IN	5:31.37	2024
Amy McMahon (54)	Williamsville, NY	5:35.32	2022
Dee Zuercher (49)	Rocky River, OH	5:40.44	2021
Jessica Campagna (40)	Strongsville, OH	5:41.83	2023
Jill Gent (48)	Pepper Pike, OH	5:42.40	2022
Dee Zuercher (51)	Rocky River, OH	5:43.29	2023
Michelle Farr (48)	Medina, OH	5:48.12	2021
Jessica Campagna (42)	Hudson, OH	5:48.55	2025

STROLLER DIVISION TOP 10 TIMES

WOMEN

Ro Rupe (35)	Cortland, OH	5:32.74	2023
Sarah Lima (39)	Ft. Lauderdale, FL	5:46.66	2025
Michaela McCune (30)	Elyria, OH	5:58.90	2025
Suzanne Rupe (27)	Northfield, OH	6:09.31	2024
Sarah Lima (37)	Bay Village, OH	6:12.88	2023
Beth Benesh (37)	N. Ridgeville, OH	6:15.99	2023
Ro Rupe (33)	Cortland, OH	6:20.97	2021
Allison Schroeder (35)	jCleveland, OH	6:26.40	2025
Samantha Ahner (31)	Huron, OH	6:45.99	2023
Nancy Soehnlén (39)	Cleveland, OH	6:48.84	2022

MEN

Aaron Apathy (38)	Westlake, OH	4:44.41	2023
Aaron Apathy (39)	Westlake, OH	4:57.03	2024
Mark Grogan (36)	Cleveland, OH	4:59.26	2025
Jesse Armbruster (36)	Columbus, OH	5:00.94	2021
Ryan McCartney (36)	Cleveland, OH	5:01.98	2021
Jared Woodford (38)	Bay Village, OH	5:04.06	2021
Ryan McCartney (37)	Cleveland, OH	5:08.04	2022
Liam Boylan-Pett	E. Lansing, MI	5:08.29	2025
Zak Wilburn (36)	Toledo, OH	5:11.02	2023
Zak Wilburn (35)	Toledo, OH	5:12.93	2022

MEN'S RACE ELITE PARTICIPANTS SINCE 2018 INAUGURAL EVENT

NOTE ON BIO's...These credentials are updated to current every year...The following Elite Athlete Bio's include mainly Mile and 1500 credentials. Some of these athletes specialize in other events and may have superior stats in those events relative to their Mile/1500 stats. But in keeping with our Mile theme, with a few exceptions, only their Mile/1500 statistics are listed.

Ryan Adams...2023, 2025...Mexico...CVCA HS (OH)...Furman U...3:37.66 1500 (3:55.07 mile equivalent)...3:57.25 mile...3:55.46 Road mile...All-American for the Furman Paladins, Ryan was our 2023 GM Runner-Up to 4-time Champ, Johnny "The Jet" Gregorek...Ryan is #3 on the All-Time indoor mile list for Mexico.

Colby Alexander...2018, 2021, 2022...Strongsville HS (OH), U. of Oregon...3:33.65 1500 (3:50.74 mile equivalent), 3:50.28 road mile (GM) and a 3:50.30 road mile (5th Ave) ...3:52.84 mile....All-American for the Oregon Ducks...Two-time Olympic Trials 1500 Meter Finalist - 2016, 2021.... 2020 USATF Road Mile National Championship Runner-Up...In 2021 Colby became the fastest 1500 performer in Ohio history ...In 2021 he became the 5th fastest American 1500 performer ever on American soil (3:33.65) and the 17th Fastest American 1500 performer in history. At the 2022 Millrose Games Wanamaker Mile Colby took 3rd overall, top American, and his 3:52.84 mile put him at #12 American All-Time Indoors. His en route 1500 that day made him the #8 American ever at that distance indoors. Third fastest American at 1500 outdoors in 2016 and 2021 and fastest American at 1500 indoors 2022.

Jack Anstey...2023, 2024...Australia...Illinois St. U...3:33.36 1500 (3:50.43 mile equivalent)...3:51.51 mile...3:56.42 Road mile...All-American for the Redbirds...In 2024 Jack set the Australian Indoor Record for 1000 Meters (2:16.95).

Ben Allen...2022, 2023...Concordia U...3:33.97 1500 (3:51.09 mile equiv)...3:52.08 mile...

Alejandro Martinez-Ambrosio...2021...Cal-Poly...3:45.95 1500 (4:04.03 mile equivalent)...4:05.04 road mile.

Robby Andrews...2022...University of Virginia...3:34.78 1500 (3:51.96 mile equiv)...3:53.13 mile...3:54.2 road mile...Robby utilized his legendary kick to win a spot on our Olympic 1500 meter team in 2016. The following year, he was our US Champion at 1500 meters. An All-American for the Virginia Cavaliers, Robby was an NCAA Champion at 800 meters.

John Benner...2023...U. Of Vermont...3:45.76 1500 (4:03.82 mile equivalent)...4:03.15 mile...4:03.47 Road mile.

Joey Berriatua...2021...Santa Clara U...3:57.72 Mile...3:59.74 road mile.

Ben Blankenship...2022...U. Of Minnesota...3:34.26 1500 (equiv to a 3:51.40 mile)...3:52.51 mile...3:50.54 road mile...Ben made our 2016 Olympic Team at 1500 meters and went on to place 8th in the Olympic final. In 2015 he became the 5th fastest American ever at 1500 indoors. That same year outdoors, Ben anchored the World Record setting, Gold Medal winning Distance Medley Relay for the USA at the IAAF World Relay Championship, outkicking the legendary Kenyan, Timothy Cheruiyot in the homestretch. In 2017, Ben became the first runner to break the 4 minute mile on Alaskan soil. He set his road mile PR at the GM in 2022 (3:50.54).

Bryant Byrd...2021...Western Colorado...4:14.06 road mile.

Anthony Camerieri...2024...Brecksville HS (OH)...Miami U (OH)...Mississippi St U...3:35.44 1500 (3:52.08 mile equivalent)...All-American for Ole Miss.

Matthew Centrowitz...2023...U. Of Oregon...3:30.40 1500 (3:47.23 mile equivalent)...3:49.26 mile...3:49.5 Road mile...7-Time All-American for the Ducks including NCAA 1500 Champ.

Arguably the greatest American Miler of All-Time, Matthew became the first American since 1908 to capture the Gold Medal in the Olympic 1500 Meter Run, accomplishing that feat in 2016 in Rio.

****3 Time Olympian at 1500 meters**

****5 Time USA Outdoor 1500 Champion**

****2016 World Indoor Champion - 1500**

****Between 2011 and 2021, qualified for every World Championships and Olympic Games at 1500**

****Owns a complete set of World Championship medals. An Olympic Gold, a WC silver, a WC bronze as well as a WC indoor Gold.**

**** Wanamaker Mile Champ**

****NYC 5th Ave Mile Champ**

At the time of his PR's, he owned the 3rd fastest 1500 and 5th fastest mile in US history.

Luca Chatham...2023, 2024...U. Texas at San Antonio...3:52.99 1500 (4:11.63 mile equivalent)...4:07.48 mile...4:05.0 Road Mile...All-American for the Roadrunners.

Vincent Ciattei...2019, 2021, 2022...Virginia Tech...3:30.90 1500 (3:47.77 mile equivalent).....3:50.28 road mile...3:48.34 mile...Two-Time Olympic Trials 1500 Meter Finalist...Three-Time USATF Road Mile National Champion 2022, 2024, 2025...Finished 4th in the 2024 Olympic Trials 1500 , only one place and 25 hundredths of a second from making the Olympic Team...Runner-up at 2025 outdoor Nationals, losing by a mere 0.05 sec. But he came back the next day to win the USA Championship in the 5000. Vince was 5th at the 2024 USA Indoor Nationals at 1500, only 27 hundredths of a second from making our World Championship Team...At the time of running his PR's, he was the 6th fastest indoor miler, 8th fastest overall miler, and 11th fastest 1500 meter performer in US history...All-American for the Virginia Tech Hokies...

Casey Comber...2021, 2022, 2024...Villanova...3:34.24 1500 (3:51.38 mile equivalent)...3:51.92 mile...3:51.15 road mile...All-American for the Villanova Wildcats...Runner-Up in the NCAA Indoor Mile...USATF Road Mile National Championship Runner-Up 2023

Aaron Combs...2023...U. Of NC at Wilmington...Aaron won our GM Open Division in 2022 almost breaking the division record. His 4:07.43 earned him a trip to the Elite Division in 2023.

Patrick Dever... 2023...Great Britain...U. Of Tulsa...3:41.18 1500 (3:58.87 mile equivalent)...3:58.62 mile...All-American for the Golden Hurricane...Patrick pulled off a shocking record breaking 10,000 meters at the 2021 NCAA Championships, shattering a 42 year old meet record. Patrick ran 27:41.87 defeating Connor Mantz by less than a second and breaking his old PR by over 40 seconds.

Damien Dilcher...2025...Iona U...3:54.32 mile...3:38.52 1500 (equivalent to 3:56.00 mile)...Road Mile 3:55.97...

Jake Edwards...2018...Delaware Hayes HS (OH), Ohio State U...3:38.77 1500 (3:56.27 mile equivalent), 3:56.62 road mile...3:58.09 Mile.

Louis Falland...2019...Australia...3:43.14 1500 (4:00.81 mile equivalent), 4:01.40 mile...4:00.31 road mile...NAIA Indoor Mile National Champion for Cornerstone U. (Michigan).

Willy Fink...2018, 2019, 2022, 2024...Maumee HS (OH), Eastern Michigan U...3:37.16 1500 (3:54.53 mile equivalent), 3:57.69 mile, 3:55.25 road mile.

Luciano Fiore...2021, 2022...Sienna College... 3:58.43 mile...1500 3:40.88 (3:58.55 Mile Equivalent)...In our 2021 Guardian Mile, Luciano broke the 4:00 barrier for the first time, crossing the finish line in 3:59.45...During the 2026 indoor season, Luciano was a member of the World Record setting 4 X 800 meter relay (7:10.29.)

Jeremiah Fitzgerald...2021...Mantua Crestwood HS (OH)...U. Of Akron...4:10.40 road mile.

Mac Fleet...2018, 2019...U. of Oregon...3:38.35 1500 (3:55.65 mile equivalent), 3:56.77 mile...Two-time NCAA 1500 Champion for Oregon Ducks...former Oregon indoor school record holder in the mile...

Sam Gilman...2024...Air Force Academy...3:33.69 1500 (3:50.79 1500 mile equivalent)...3:51.49 mile ... All-American at Air Force...

Andre Bollam-Godbot...2024...Brunswick HS (OH)...U. of Akron...U. of Kentucky...3:46.87 1500 (4:05.02 mile equivalent)...4:06.73 mile...

Johnny Gregorek...2021, 2022, 2023, 2024...Columbia U grad and U. of Oregon (Grad school)...One of the most prolific milers in American history, Johnny has PR's of 3:34.35 for 1500 meters (a 3:51.50 mile equivalent), 3:49.98 for the mile, and 3:46.67 for the road mile...During his stellar career Johnny has held the **American Record** for the Indoor Mile (3:49.98) and is the **current WR holder** in the Blue Jean Mile (4:06.25)....He was our Guardian Mile Champion in 2021 (3:49.07) and again in 2022 (3:46.67) and again in 2023 (3:52.60) and AGAIN in 2024 (3:59.96).....He is a two time World Championship Qualifier at 1500 meters and an Olympic Trials 1500 finalist... All-American for the Oregon Ducks...**In the 2022 edition of our Guardian Mile, Johnny defended his GM title by running the fastest mile in history by an American (indoor track, outdoor track, or certified road mile). His 3:46.67 winning time shattered his own course record and (obviously) also bettered his own Ohio soil mark.**

Nick Harris...2019...U. of Colorado...3:39.04 1500 (3:56.36 mile equivalent), 3:58.55 mile...3:58.37 Road Mile...All-American for Colorado Buffaloes...USATF National Indoor Championship runner-up in the mile - 2020...Nick was Runner-Up in our 2019 GM.

Daniel Herrera...2018, 2021...Mexico... UCLA...3:39.45 1500 (3:56.84 mile equivalent), 3:56.13 mile... Second Fastest outdoor miler in Mexican history.

Josh Higgins...2023...U. Of Pittsburgh...3:46.34 1500 (4:04.45 mile equivalent)...4:06.44 mile.

Eric Holt...2021, 2022, 2023...Binghamton U. (NY)...3:32.95 1500 (3:49.99 mile equivalent)...3:51.46 mile...3:50.17 road mile...In a thrilling race at the 2022 US National Championships 1500, Eric finished 4th, in a blanket finish, only 29 hundredths of a second from the win.

Luke Houser... 2025...U. of Washington...3:51.14 Mile...3:33.93 1500 (Equivalent to 3:51.04 mile)...Luke was a two-time NCAA indoor Mile Champion for the Huskies...he also captured the 1500 Bronze Medal at the 2025 World Indoor Championships in China... Luke was a member of the World Record setting 4 X 800 meter relay (7:10.29) in 2026.

Craig Huffer...2019...Australia, Adams State...3:36.35 1500 (3:53.51 mile equivalent), 3:53.5 road mile...3:57.81 mile...All-American for the Adams State Grizzlies...

Mick Iacafono...2024...St. Vincent-St. Mary HS (OH)...U. of Kentucky...A 2024 Guardian Mile Road PR of 4:13.46 combined with a Marathon PR of 2:09:55 (2020), Mick demonstrates incredible range.

Derek Johnson...2024... U. of Virginia...3:36.99 1500 (3:54.35 mile equivalent)...3:53.13 mile...All-American for the Cavaliers.

Ian Johnson...2023, 2024...Ashland U...Wright St...3:46.95 1500 (4:05.11 mile equivalent)...4:03.64 mile...4:03.15 Road Mile...All-American for the Eagles.

Colin Kelly...2023...Mt. St. Mary's College (MD)...3:41.16 1500 (3:58.85 mile equivalent)...4:01.62 mile...4:03.78 Road mile.

Amon Kemboi...2023...Kenya...U. Of Arkansas...3:33.49 1500 (3:50.57 mile equivalent)...3:53.57 mile...3:49.10 Road mile...All-American for the Razorbacks.

Kasey Knevelbaard...2022...Florida St...3:34.55 1500 (a 3:51.71 mile equivalent)...3:53.06 mile...3:48.85 road mile...Kasey was part of that incredible 1-2-3 2022 GM finish where all 3 men broke 3:49!!

Will Laird...2023...U. Of Washington...3:44.77 1500 (4:02.54 mile equivalent)...4:02.72 mile.

Neil Letellier...2025...Merrimack College, Xavier U...4:06.89 mile...

Wuoi Mach...2019...Grand Valley State...3:45.38 1500 (4:03.19 mile equivalent), 3:59.21 road mile...All-American for the GVSU Lakers...

Travis Martin...2025...Trinity College, U. of Connecticut...mile 3:59.84... 1500 3:39.80 (equivalent to a 3:57.38 mile)...3:59.83 Road Mile...Travis was an All-American for the Trinity Bantam.

Sam McEntee...2018...Australia, Villanova...3:36.81 1500 (3:53.99 mile equivalent), 3:57.05 mile...3:56.0 Road mile...All-American for the Villanova Wildcats...2016 Olympian for Australia at 5000 meters...

Kyle Merber...2019...Columbia U...3:34.54 1500 (3:51.54 mile equivalent), 3:52.52 mile...former NCAA American record holder at 1500 meters...member of World Record setting indoor 4 X 800 Relay (New Jersey New York Track Club) and World Record setting Outdoor Distance Medley (Team USA) ...Olympic Trials 1500 finalist.

Brett Meyer...2021...Fort Hays State...DII National 1500 Champ for the Tigers. 3:36.40 1500 (3:53.71 mile equivalent)...3:56.06 mile...3:51.81 road mile.

John Minen...2018, 2021, 2022, 2023, 2024...Medina Highland HS (OH)... Kent St. U ... U. of Virginia...3:42.05 1500 (3:59.60 mile equivalent), 4:01.65 mile...

Graydon Morris...2025...Texas Christian U...U. of Texas...Mile 4:02.08...3:46.62 1500 (4:04.75 equivalent)...Road Mile 3:58.72 (2025 GM runner-up.)

Clayton Murphy...2022...Tri-Village HS (OH), U. Of Akron...3:51.99 mile...3:36.23 1500 (3:53.53 mile equiv)...3:52.3 Road mile ...a Two-Time Olympian and Two-Time Olympic Trials Champion at 800 meters, Clayton won Bronze at the 2016 Olympic Games...While at Akron, he was NCAA Champion at 1500 meters outdoors and 800 meters indoors...2017 US Road Mile Champion...

Eion Nohilly...2024...Georgetown U...4:02.59 mile.

Jacob Ondash...2025...Crestwood HS (Ohio)...U. Of Akron...4:07.02 mile...4:07.86 Road mile...

Ford Palmer...2018...Monmouth U...3:36.98 1500 (3:54.15 mile equivalent)... 3:54.92 mile...

Sean Peterson...2022, 2023...Midpark HS (OH)...Youngstown State...3:39.92 1500 (3:57.51 mile equiv)...3:59.75 mile...3:57.66 road mile...

Alex Phillip...2022...St. Vincent-St. Mary's HS (OH)...John Carrol U / U. of North Carolina....4:01.71 mile...4:06.32 road mile...Legendary DIII runner, Alex collected 9 National Championships in his career for the Blue Streaks.

Ian Pierson...2019...South Range HS (OH), John Carroll U...3:49.52 1500 (4:07.88 mile equivalent).. 4:09.01 mile.

Nick Plant...2025...Canfield HS (Ohio)...Virginia Tech...3:53.13 mile...3:35.57 1500 (equivalent to 3:52.82 mile)...All-American for the Hokies...

Sam Prakes...2018, 2021, 2022' 2025...Vandalia HS (OH), U. of Oregon...Three-Time Guardian Mile Runner-Up...3:32.76 1500 (3:49.78 mile equivalent), 3:49.63 mile...3:47.64 road mile...All-American for the Oregon Ducks...At the time, his 3:50.94 indoor mile made him the 5th fastest indoor miler in American history (6 of the top 7 All-Time were former Oregon Ducks!!)...2021 Olympic Trials finalist at 1500 meters...Two-Time USATF Road Mile National Champion...At the 2023 US Indoor National Championships, Sam came away with two victories. He won the 3000 title and backed it up with a 1500 victory the following day. Along with his 2023 Road Mile title, that totalled 3 National Championships in one year for the former Oregon Duck. His 3:32.76 makes him the fastest 1500 runner in Ohio history, overtaking former Oregon teammate, Colby Alexander (3:33.65) for the top spot.

Morsi Rayyan...2019...U. of Michigan...3:46.65 1500 (4:04.55 mile equivalent), 4:03.18 road mile...4:04.59 mile...All-American for the Michigan Wolverines...

John Reniewicki...2022, 2025...Arizona St...3:33.58 1500 (3:50.67 mile equiv)...3:51.72 mile...3:54.02 road mile...USATF Road Mile National Championship Runner-Up 2024.

Bryce Richards...2021...Kansas/Wisconsin Stevens-Point...3:40.67 1500 (3:58.32 mile equivalent)...3:57.61 mile...3:57.01 road mile.

Max Rudolph...2021...Portland, OR...4:15.81 road mile.

Mark Shannon...2024, 2025...Solon HS (OH)...U. of Alabama...3:40.58 1500 (3:58.23 mile equivalent)...3:57.24 mile...3:59.76 Road Mile.

Mick Stanovsek...2021, 2022, 2024...Notre Dame Cathedral Latin HS (OH)...U of Oregon, U. of Washington...3:37.75 1500 (3:55.17 mile equivalent)...3:53.38 mile...3:52.16 road mile...All-American for the Oregon Ducks.

David Timlin...2021...Indiana State...3:39.68 1500 (3:57.25 mile equivalent)...3:57.69 mile...3:54.78 road mile.

Tony Tonkovich...2023, 2024, 2025...Ohio U...3:43.40 1500 (4:01.27 mile equivalent)...4:01.40 mile...4:01.88 Road mile.

Ben Veatch...2024...Indiana U...3:40.25 1500 (3:57.87 mile equivalent)...3:56.04 mile...All-American for the Hoosiers.

Carlos Villareal...2021...Mexico...U of Arizona...3:37.22 1500 (3:54.59 mile equivalent)...3:56.77 mile...Carlos is the second fastest Mexican indoor miler of All-Time.

Caleb Webb...2024...U. Of Portland...3:40.04 1500 (3:57.64 mile equivalent)...3:57.54 mile.

Nick Willis...2018, 2019...New Zealand, U. of Michigan...Winner of the first two Guardian Mile Races...PR's are 3:29.66 1500 (3:46.28 mile equivalent) and 3:49.83 mile...Two-Time Olympic Medalist at 1500 meters for New Zealand...New Zealand record holder for 1500 meters...At the 2022 Millrose Games Wanamaker Mile, Nick broke the magic 4 Minute Mile barrier for the 20th consecutive year. This is the longest streak on record...**One of the greatest milers of All-Time...**

Daniel Winn...2018, 2019...U. of Oregon...3:37.56 1500 (3:54.78 mile equivalent), 3:56.73 mile...Olympic Trials 1500 finalist...former Oregon indoor school record holder in the mile...All-American for the Ducks...

Nick Wolk...2023...U. Of Pittsburgh...3:43.95 1500 (4:01.87 mile equivalent)...4:04.0 mile...4:06.67 Road mile.

WOMEN'S RACE ELITE PARTICIPANTS SINCE 2018 INAUGURAL EVENT

NOTE ON BIO's... These credentials are updated to current every year. The following Elite Athlete Bio's include mainly Mile and 1500 credentials. Some of these athletes specialize in other events and may have superior stats in those events relative to their Mile/1500 stats. But in keeping with our Mile theme, with a few exceptions, only their Mile/1500 statistics are listed.

Becca Addison...2018...U. of Michigan...4:08.93 1500 (4:28.53 mile equivalent), 4:30.70 mile...4:32.70 Road mile...All-American for the Michigan Wolverines...2015 USATF Road Mile National Championship Runner-Up...

Maddie Alm...2019, 2023....U. of Colorado...4:13.64 1500 (4:33.93 mile equivalent), 4:34.53 road mile...All-American for the Colorado Buffaloes...

Josette Norris-Andrews...2022...Georgetown...3:59.72 1500 (4:18.90 mile equiv)...4:20.81 mile...4:19.66 road mile...All-American for the Hoyas...At the time, her PR's were #3 fastest American in history at indoor 1500 and mile...Our 2022 GM Champion (4:19.66), Josette led the top 4 finishers across the line all under the old Ohio soil record, set the year before at the GM by Grace Barnett.

Mackenzie Andrews...2021...Australia...U. Of Akron...4:33.39 mile...4:12.91 1500 (4:33.15 mile equivalent)...4:27.83 Road mile.

Dani Aragon...2021...Notre Dame...4:04.50 1500 (4:24.06 mile equivalent)...4:24.75 road mile...Olympic Trials 1500 finalist...All-American for the Fighting Irish.

Grace Barnett...2021...Clemson...4:05.05 1500 (4:24.65 mile equivalent)...4:29.88 mile...4:21.58 road mile...Olympic Trials finalist at 1500 meters...All-American for the Clemson Tigers...Grace set the All-Time Ohio soil record for the mile in winning our 2021 race, running 4:21.58. Finishing just 62 hundredths of a second behind Grace was the athlete she took the soil record away from, the 2019 Guardian Mile Champion, Shannon Osika.

Jamie Phelan-Calderon...2019...Canada...U. of Michigan...4:11.92 1500 (4:31.77 mile equivalent), 4:37.62 road mile...All-American for the Michigan Wolverines...NCAA 1500 Champion...

Katie Camarena...2024...UC Santa Barbara...Portland State U...4:07.92 1500 (4:27.75 mile equivalent)...4:29.75 Mile...All-American for the Portland St. Vikings.

Sophie Cantine...2024...Princeton U...U. of Washington...4:17.70 1500 (4:38.32 mile equivalent)

Anna Connor...2023...George Fox U (OR)...4:14.85 1500 (4:35.24 mile equivalent)...4:35.96 mile...Anna exemplifies the definition of perseverance. She set PR's at 600 meters (1:32.38), 800 meters (2:03.32), 1000 meters (2:43.83), 5000 meters (16:33.31), and Road mile (4:38.0) at ages 36 and 37.

Micaela DeGenero...2024...Granville HS (OH)...U of Michigan, U. of Colorado...4:08.23 1500 (4:28.09 Mile equivalent)...4:29.66 Mile...2024 Guardian Mile Champion...All-American for the Buffaloes...NCAA Indoor Mile Champion for Colorado...

Amanda Eccleston...2019, 2021...Hillsdale College, U of Michigan...4:03.25 1500 (4:22.43 mile equivalent), 4:25.64 mile...4:20.6 Road mile...NCAA 800 and 1500 Champion for Hillsdale College (MI)...All-American for Hillsdale Chargers and after transferring to Michigan, Amanda also earned All-American honors for the Wolverines...Amanda just missed making the 2016 Olympic Team in the 1500, placing 4th at the Olympic Trials, only 3 one-hundredths of a second from the final qualifying spot...

Angelina Ellis...2024...Butler U...4:06.02 1500 (4:25.70 mile equivalent)...4:26.69 mile...All-American for the Bulldogs.

Carmen Graves...2022...Roanoke College (VA)...4:17.76 1500 (equiv to 4:38.38 mile)...4:37.05 road mile...

Therese Haiss...2018, 2019, 2021...Solon HS (OH), U. of Oregon, U. of Arkansas...4:14.44 1500 (4:34.48 mile equivalent), 4:34.54 mile...4:32.67 road mile...All-American for Arkansas Razorbacks...

Sadi Henderson...2022...Boise St...4:07.10 1500 (4:26.87 mile equiv)...All-American for the Boise State Broncos...

Nikki Hiltz...2018, 2022...U. of Oregon, U. of Arkansas...3:55.33 1500 (4:14.16 mile equivalent) #2 in US history, 4:16.35 mile (at the time, the American Record)...All-American for Arkansas Razorbacks...For four straight years, 2023, 2024, 2025 and 2026, Nikki has reigned as US National 1500 meter Champion Indoors AND Outdoors (8 Straight).....USATF Road Mile National Champion, 2019, 2023...Two-Time Olympic Trials 1500 finalist and 2024 Olympic Trials 1500 Champion... 2024 World Indoor Championship Runner-up at 1500...2024 Olympic Games 1500 finalist...Currently the most dominant 1500 runner on the US scene.

Marisa Howard...2021...Boise State...4:08.85 1500 (4:28.75 mile equivalent)...4:24.24 road mile. All-American for the Broncos.

Olivia Howell...2024...Solon HS (OH)...U. of Illinois...U. Texas...4:09.70 1500 (4:29.68 mile equivalent)...4:33.75 mile...NCAA indoor Mile Champ for Illinois...All-American for both the Fighting Illini and the Texas Longhorns.

Gracie Hyde...2024...U. of Central Arkansas...U. of Arkansas...Adams State U...4:06.12 1500 (4:25.81 mile equivalent)...4:30.90 mile...Road Mile 4:25.64...All-American for the Adams State Grizzlies...5-Time National Champion at Adams State including winning the indoor mile and outdoor 1500 National Titles. DII National Record holder for indoor Mile and outdoor 1500.

Emily Infeld...2021...Beaumont HS (OH)...Georgetown...4:05.66 1500 (4:25.31 mile equivalent)...4:30.21 mile...4:27.98 road mile...All-American for the Hoyas...NCAA Runner-Up in 1500...Olympian and 2024 US Champion at 10,000 meters...World Championships medalist at 10,000 meters...

Dani Jones... 2021, 2023...U. of Colorado...4:00.64 1500 (4:19.89 mile equivalent)...4:22.45 mile...4:22.50 road mile...All-American for the Buffaloes...NCAA Runner-Up in indoor mile...Two-Time Olympic Trials finalist at 1500 meters.

Judi Jones...2023...U. Of Nebraska...4:16.84 1500 (4:37.39 mile equivalent).

Tigist Ketema...2023...Ethiopia...4:00.91 1500 (4:20.18 mile equivalent)...Road mile 4:27.47...Our 2023 GM Champion, Tigist has super incredible range. She won the U20 African Championships at 800 meters, was Bronze Medalist at 800 meters at the U20 World Championships, has an 800 PR of 2:02.00 and yet she recently ran the fastest Marathon debut in world history, racing to a 2:16:07 finish at the 2024 Dubai Marathon!

Violah Lagat...2018...Kenya...4:04.10 1500 (4:23.37 mile equivalent), 4:28.82 mile...4:25.1 Road mile...Violah represented Kenya in the 1500 meter run at the 2016 Olympic Games...

Katie Landwehr...2018...Tippecanoe HS (OH)...Michigan State U...4:23.91 1500 (4:44.69 mile equivalent), 4:38.74 mile...All-American for the Michigan State Spartans...

Alsu Lenneman...2021...Russia...Eastern Michigan U...4:17.09 1500 (4:37.65 mile equivalent)...4:38.02 road mile...All-American for the Eagles.

Emily Lipari...2018, 2019, 2022...Villanova...4:05.68 1500 (4:25.07 mile equivalent)...4:28.84 mile...4:21.33 road mile...Emily won our inaugural Guardian Mile in 2018...All- American for the Villanova Wildcats...NCAA Indoor Mile Champion...Three-time USATF Road Mile National Champion (2018, 2020, 2022)...

Hannah Long...2022, 2025...U of Akron...4:26.88 1500 (4:48.23 mile equiv)...4:44.01 mile...4:48.48 Road Mile.

Heather MacLean...2024...U. Of Massachusetts...3:57.79 1500 (4:16.81 mile equivalent)...4:17.01 mile...All-American for UMass Minutewomen...2021 Olympian at 1500...US Indoor 1500 Champion 2022...Two-Time Olympic Trials 1500 Finalist...Two-Time World Indoor 1500 Finalist, 2022, 2025... **her 3:59.60 indoor 1500 (2025) was, at the time, the American Record**...Ranks #2 US All-Time Indoor Mile...Ranks #4 in World history for Indoor Mile... Guardian Mile Runner-Up 2024.

Ashley Maton...2018...U. of Oregon...4:11.27 1500 (4:31.08 mile equivalent), 4:35.62 mile...All-American for the Oregon Ducks...

Ellie Maurer...2025...U of Louisville...4:32.93 1500 (equivalent to 4:54.76 mile)...4:58.60 mile...

Jess McGorty...2024...Stanford U...4:08.53 1500 (4:28.41 mile equivalent)...4:28.57 Mile...All-American for the Stanford Cardinal...

Gina McNamara...2021...Malta...U.of Michigan...4:39.67 mile...Maltese National Record Holder at 1500 meters running 4:12.28 (4:32.46 mile equivalent)...4:36.94 Road Mile...

Michaela Meyer...2024...U. Of Delaware...U. Of Virginia...4:04.02 1500 (4:23.54 mile equivalent)...4:29.16 mile...NCAA 800 Champion for the Virginia Cavaliers.

Gracie Morris...2025...Texas Christian U...4:23.74 mile...4:00.29 1500 (equivalent to 4:19.51 mile)...4:15.50 Road Mile...World Indoor Championships finalist at 1500 in 2026...USA indoor 1500 Runner-Up in 2026...

Samantha Murphy...2019...Canada, U. of Oregon...4:19.87 1500 (4:40.33 mile equivalent), All-American for the Oregon Ducks...

Abby Nichols...2024...Kettering Archbishop Alter HS (OH)...,Ohio State...U. Of Colorado...4:07.47 1500 (4:27.27 Mile Equivalent)...4:26.08 Mile...All-American for the Buffaloes...

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Shannon Osika...2019, 2021...U. of Michigan...4:00.73 1500 (4:19.98 mile equivalent, 4:24.19 mile...4:20.81 road mile...All-American for the Michigan Wolverines...At the time, Shannon ran the fastest mile ever on Ohio soil (indoor, outdoor, or certified road mile) in winning the 2019 Guardian Mile (4:27.20). She ran faster than that in our 2021 Guardian Mile (4:22.20), only to lose the race and her soil record to Grace Barnett (4:21.58)...Finished 4th in the 1500 at the 2021 Olympic Trials, less than one-tenth of a second from making the U.S. Olympic team....2021 USATF Road Mile National Championship Runner-Up...Anchored the World Record setting Indoor DMR for the Nike Union Athletics Club in 2022.

Stephanie Parsons...2023...Canada...Edinboro U...U. of New Mexico...4:11.43 1500 (4:31.54 mile equivalent)...4:34.09 mile...4:34.41 Road mile...Achieved All-American both both schools she attended, Edinboro and New Mexico.

Angel Piccirillo...2023...Villanova...4:05.32 1500 (4:24.95 mile equivalent)...4:25.13 mile...4:32.1 Road mile...All-American for the Wildcats...NCAA indoor mile runner-up...Angel is a Penn Relays legend. She has won more Championship Wheels than any other collegian in history (9).

Katie Rainsberger...2021...U. of Oregon...U. Of Washington...4:09.08 1500 (4:29.00 mile equivalent)...4:29.61 road mile...All-American for the Oregon Ducks...All-American for the Washington Huskies.

Jenn Randall...2025...Ithaca College...4:28.23 Mile...4:10.63 1500 (equivalent to 4:30.68 mile)...Road Mile 4:32.30...USATF 2022 Road Mile National Championships Runner-Up...

Taryn Rawlings...2022...U. Of Portland...4:05.02 1500 (equal to a 4:24.62 mile)...4:22.80 mile...4:20.57 road mile...Part of the quartet that all came in under the OH soil record at the 2022 GM...Taryn clocked in at 4:20.57...

Annika Reiss...2025...Northern Arizona U...4:24.38 Mile...4:03.54 1500 (equivalent to 4:23.02 mile)...Road Mile 4:26.92...All-American for the Lumberjacks...

Emily Richards...2021, 2022, 2025...Delaware Hayes HS (OH)...Ohio Northern U...4:10.56 1500 (4:30.60 mile equivalent)...4:33.41 mile...4:23.90 road mile...Legendary DIII athlete...Won 9 NCAA titles for the Polar Bears.

Julia Rizk...2023...Ohio State U...4:13.70 1500 (4:34.00 mile equivalent)...4:32.79 mile...NCAA Indoor Mile Champion for the Buckeyes.

Maddie Salek...2024...Oklahoma State U...4:17.85 1500 (4:38.48 mile equivalent)...

Heidi See...2019...Australia...4:08.15 1500 (4:27.68 mile equivalent), 4:31.74 mile, 4:29.4 road mile...Qualified for Australian World Team at 1500 Meters...

Anna Shields...2019...Point Park U (PA)...4:12.36 1500 (4:32.26 mile equivalent), 4:30.74 road mile...A prolific winner in the NAIA, Anna was a ten-time National Champion in track and XC for the Point Park Pioneers

Petronella Simiuc...2022...Romania, U of Toledo...4:12.24 1500 (equal to a 4:32.42 mile)...4:34.59 mile...4:31.44 Road mile...

Madeline Strandemo...2021...U. Of Minnesota...4:31.83 mile...4:29.1 Road mile...All-American for the Gophers.

Erin Teschuk...2024...Canada...North Dakota St...4:10.62 1500 (4:30.67 mile equivalent)...4:31.21 mile...All-American for the Bisons...Canadian Olympian...Two-Time Canadian National Steeplechase Champion.

Alexina Wilson-Teubel...2018, 2023...U. of Northern Iowa...4:05.79 1500 (4:25.45 mile equivalent)...4:27.67 mile...4:29.23 road mile.

Alyssa Thomas...2022...U. Of Akron...4:50.20 Road Mile...4:33.51 1500 (4:55.39 mile equiv)...

Emilee Trost...2023...U. Of Minnesota Duluth...4:12.64 1500 (4:32.85 mile equivalent)...4:37.57 mile...NCAA DII 1500 Champion for the Bulldogs.

Amaris Tyynismaa...2024, 2025...U. Alabama...North Carolina St. U...4:09.48 1500 (4:29.44 mile equivalent)...4:32.56 mile...All-American for both the Alabama Crimson Tide and the NC State Wolfpack...

Sara Vaughn...2018...U. of Colorado...4:04.56 1500 (4:23.85 mile equivalent), 4:27.31 mile...4:27.1 Road mile...Olympic Trials 1500 finalist ... Sara is a two-time qualifier for USA World teams in the 1500...All-American for the Colorado Buffaloes...

Carina Viljoen...2023, 2025...South Africa...U. Of Arkansas...4:07.11 1500 (4:26.88 mile equivalent)...4:29.03 mile...4:27.70 Road mile...All-American for the Razorbacks...Our 2023 GM runner-up...Carina was a member of the South African team at the 2024 World Championships, making the team at 1500 meters.

Emma Watcke...2025...Loyola U...4:39.66 mile...4:17.03 1500 (equivalent to 4:37.59 mile)...

Taylor Werner...2023...U. Of Arkansas...4:10.32 1500 (4:30.35 mile equivalent)...4:30.57 mile...4:31.84 Road mile...All-American for the Razorbacks.

PARTICIPATION BY COUNTRY, STATE, AND COLLEGE BY ELITE RUNNERS SINCE 2018

Total Elite Runners since 2018...131...70 men...61 women

Elite Runners from foreign countries...12 countries...

U.S. 109

Australia 6

Canada 4

Mexico 3

Kenya 2

Ethiopia 1

Great Britain 1

Malta 1

New Zealand 1

Romania 1

Russia 1

South Africa 1

Runners from 34 States and Washington DC have run in the GM.

Our elite runners have attended 92 different colleges from the 34 different states and DC.

States with the most representation over the years are Ohio with 19 different runners, Oregon with 15 different runners, Michigan with 13 runners, and Colorado with 10 different runners.

Colleges with the most representation...U. of Oregon with 12 different runners, U. of Michigan with 8, different runners, and U. of Akron, U. of Arkansas, and U. of Colorado each with 6 different runners.

