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Rochester Could See 4-Minute Mile Broken at Charlie McMullen Mile Event June 5

For Immediate Release

Rochester, NY, June 1, 2015—Rochesterians could see the 4-minute mile mark broken at The Charlie McMullen Mile 2015 event held at 6 pm on June 5 at the Nazareth College's Golden Flyer Stadium track. Presented by [Genesee Valley Harriers](#) and the [Greater Rochester Track Club](#), the annual race honors the late Charlie McMullen, a local top competitive runner who passed away in 2003. The race is on the Greater Rochester Track Club's Runner of the Year Series calendar.

“The McMullen Mile is one of Rochester’s premier races, attracting elite runners from throughout our area and beyond,” said **Coach Mike Reif** of the Genesee Valley Harriers. “Charlie was one of Rochester’s finest runners ever and great advocate for the sport. He broke the 4-minute mile mark a number of times, with a personal best of 3:56. A special education teacher in the Rochester City School District, Charlie passed away from cancer at age 52. Runners of all abilities are welcome to participate. Those completing the McMullen Mile become part of Charlie’s legacy.”

Much more than a single event, the McMullen Mile is a pageant of running, consisting of multiple one-mile races or heats.

“We group runners by age, male or female, and seed times,” said **Race Director Carol Bischoff**. “When a participant registers, he or she puts down an estimated completion time. We allocate runners with similar times in their respective age group, and, of course, male or female. The result is there could be as many as ten heats of one-mile races, which provides competitors and spectators alike with an action packed night of racing.”

Bischoff added there will be 1-mile heats for children 14-years-old and under and high school aged competitors followed by adult heats and then the Men’s and Women’s elite races are highlights as the last two races of the evening.



“Last year, we had over 150 people participate and are looking forward to hosting more this Friday,” Bischoff said.

“To assist competitors in breaking the 4-minute mile, we have enlisted the help of **Brycen Spratling and Collin Mulcahy**. In February, Brycen set a world record of 1:00:16 for 500 meters at the Millrose Games in New York City. He was also on the USA World Record Distance Medley Team last month” Reif said. “Brycen and Collin will serve as what we call rabbits or pacers, setting a sub 4-minute mile pace for 800 to 1,000 meters for the 1-mile competitors before pulling off the track. In short, their role is launching the 1-mile competitors into their final sprints.”

Spratling should be no stranger to local runners and track audiences. Named *Democrat and Chronicle* 2010 All-Greater Rochester Track Athlete of the Year, the Webster Schroeder High School graduate won Monroe County Section V championships in 100-, 200- and 400-meter events and the New York State Championship in 400-meters. He continued his winning ways at the University of Pittsburgh, breaking the NCAA 500-meter indoor track record at 1:00:63.

Mulcahy, a great middle distance runner at Fredonia State, qualified for the NCAA Track Championships this past year.

Runners to watch for breaking the 4-minute mile include: **Steve Mangan**, a professional runner, who trains with the Boston Athletic Association and ran 3:58 for the mile at the Boston University Valentine Invitational in February. Mangan, a Honeoye Falls native, now living in Boston, won state cross country championships in high school and conference titles in 1-mile and 1500-meter events for Dartmouth College. Returning to the McMullen Mile is 2011 champion **Nick Guarino** who ran a 4:03 that year. Brother **Josh Guarino** won the 2014 event in 4:16. Both run sub 1:50 for 800 meters. Also featured will be **Kiplangat “Kip” Tisia**, a local runner from Kenya who has won many races in the region. Kip won the 2015 Highland Hospital Lilac 10 K in 29:56, running a 4:49 pace over the difficult and hilly course and two weeks ago won the Buffalo marathon in a record time of 2 hours and 15 minutes. A number of other post-collegiate runners will participate and make the event exciting.

On the women’s side, we hope to see 2014 champion **Jenn Randall** return to better her 2014 winning time of 4:50. Former Champion Karen Blodgett will participate again. Lilac 10 K



winner, **Hannah Davidson** has been invited along with a host of post-collegiate female athletes in the area including: **Sarah Loerch, Jordyn Naylor, Ashley Nevol, Danielle Brenon, Allison Sawyer, Sarah Newsome, Melissa Senall, Heather Webster and Mindy Sawnor.**

A quality field of Masters Men and Women will also be racing for fast times and in Charlie's memory.

Participants can register for The Charlie McMullen Mile 2015 at RunSignUp.com. The youth races (14 and under) are free, high school races are \$10 and adult mile races are \$15. Race day registration is \$20. The event is free to spectators.

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About Genesee Valley Harriers Running Club

Founded July 1, 1996, GVH is dedicated to the sport of running in general and particularly to the sports of cross country, track and road racing. The main goal of GVH is to field full and competitive teams (male, female & masters+) for regional and national competitions in cross country, road racing and track events. Simultaneously GVH wants to help promote individual achievement and success on a year round basis. Additionally, GVH sponsors and supports running related activities and education for youth and adults alike throughout the community. For more information about GVH, visit www.gvh.net.

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