

2018

GNC LIVE WELL LIBERTY MILE

M E D I A G U I D E

FRIDAY 07.20.18 | 7:00 PM | DOWNTOWN PITTSBURGH | LIBERTYMILE.ORG



ABOUT THE RACE

Launched by P3R in 2012, the GNC Live Well Liberty Mile is short, fast and fun for runners of all ages and abilities. Pittsburgh's premier street race offers a \$30,000 prize purse with \$5,000 for each Pro Mile champion. The seventh edition is part of the Bring Back the Mile Grand Prix Tour 2018.

TOP STORYLINES

Winning back-to-back GNC Live Well Liberty Mile titles, Ben Blankenship returns to the 2018 GNC Live Well Liberty Mile aiming for the triple crown. Last year, the 2016 Rio Olympian won the race in 4 minutes, 5 seconds, beating out a field of top American runners.

This year's American Development Pro Mile field includes 12 sub-4 minute men's milers and seven sub-4:30 minute women's milers.

The GNC Live Well Liberty Mile is the third stop on the Bring Back the Mile Grand Prix Tour 2018. The guaranteed prize purse for the five Tour events totals \$107,000, plus an additional \$10,000 for the Grand Prix athletes.

For more info, visit www.bringbackthemile.com/tour.

MEDIA INFO

Media check-in is located at the intersection of Sixth Avenue and Liberty Avenue in front of Heinz Hall.

Pre-race interviews are available in the start line area on Penn Avenue. Recreational runners will be available for post-race interviews immediately following their heats in the finish line area on Liberty Avenue. Professional athletes will be available for interviews in Market Square after the completion of all heats.

More information for media is available at www.libertymile.org/news.

Please direct all media inquiries for the race to Erin Carlin at Erin.Carlin@P3R.org or 412-721-0896.

PROFESSIONAL ATHLETE FIELDS

MEN'S FIELD

NAME	AFFILIATION	PERSONAL BEST	TWITTER
Ben Blankenship	NIKE Oregon Track Club	3:52.30	@benblankenship
Pat Casey	Under Armour	3:52.62	@patkc12
Ford Palmer	HOKA ONE ONE NJ*NY Track Club	3:53.30	@GoFordPalmer
Daniel Herrera	High Performance West	3:56.13	@corredaniel1500
Jake Edwards	CRC Elite	3:56.70	@Jedwards1609
Robert Domanic	Unattached	3:54.73	@robertdomanic
Brandon Hudgins	Skechers Performance	3:59.67	@bhudnasty
Travis Mahoney	HOKA ONE ONE NJ*NY Track Club	3:59.08	@UrbanSteepler
Charlie Marquardt	Unattached	4:00.38	@cmarqq
Will Leer	Unattached	3:51.82	@william_leer
Cristian Soratos	adidas	3:54.23	@soratos_miler
Craig Nowak	ASICS Furman Elite	3:58.93	@CraigNowak
Dylan Blankenbaker	Unattached	4:01.94	@D_Blankenbaker

WOMEN'S FIELD

Name	Affiliation	Personal Best	Twitter
Amanda Eccleston	Brooks Running	4:25.64	@AmandaEcc
Sara Sutherland	Saucony	4:30.60	@sara_suth
Sarah Brown	New Balance	4:26.67	@SarahMB15
Shannon Osika	NIKE	4:25.10	@OsikaShannon
Stephanie Brown	Unattached	4:29.06	@misspurplebrown
Heather Wilson	HOKA ONE ONE NJ*NY Track Club	4:29.39	@heathawilson
Alexina Wilson	Unattached	4:36.52	@AlexinaWilson
Ashley Maton	Unattached	4:55.00	@AshleyMaton
Anna Shields	Unattached	4:32.47	N/A
Hannah Fields	Brooks Beast Track Club	4:30.24	@runhannahfields
Eleanor Fulton	Skechers Performance	4:30.34	@EleanorFulton
Rebecca Addison	Saucony	4:31.09	N/A
Stephanie Van Pelt	HOKA ONE ONE NJ*NY Track Club	4:37.71	@stephaannnie
Allie Buchalski	Brooks Beast Track Club	4:38.28	@abuchalski22



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MEDIA GUIDE

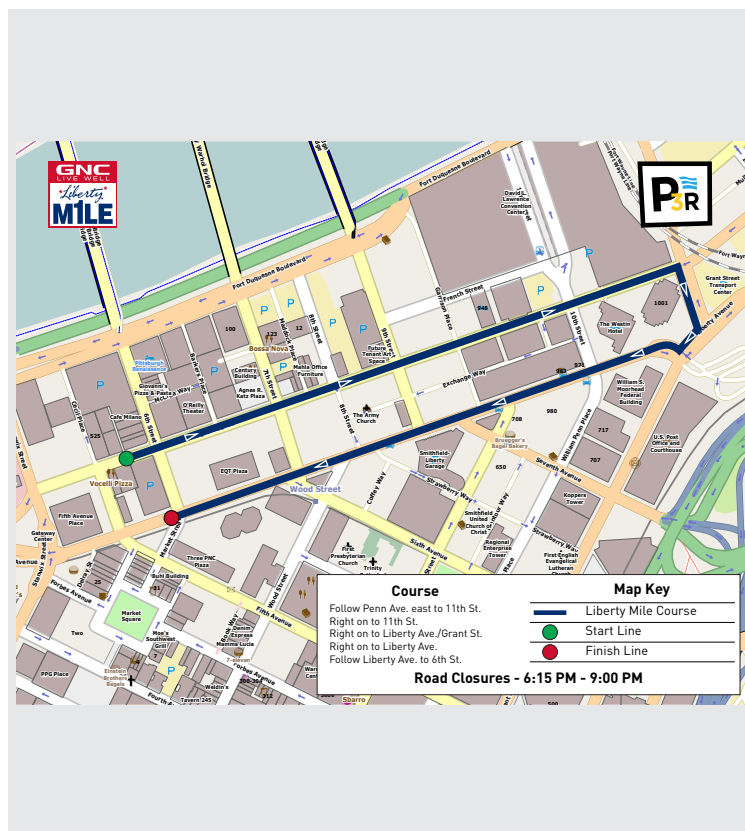
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COURSE

The GNC Live Well Liberty Mile is run entirely in Downtown Pittsburgh in the Cultural District. The start line is between Fifth Avenue and 6th Street and on Penn Avenue. The finish line is on 6th Street and Liberty Avenue.

This race features a USA Track & Field record-standard certified course.



HEAT START TIMES

7:00 PM	One for Fun presented by Fleet Feet Sports Pittsburgh
7:00 PM	Pup Trot presented by Humane Animal Rescue
7:00 PM	Kids of STEEL presented by Brooks Running
7:25 PM	Masters presented by UPMC Health Plan
7:40 PM	Unstoppable presented by Fleet Feet Pittsburgh
7:50 PM	Pro Men presented by GNC Live Well
8:00 PM	Pro Women presented by GNC Live Well

AWARDS CEREMONY

An awards ceremony will be held following the completion of the final heat and post-race interviews to recognize the top three finishers in the men's and women's field of the American Development Pro Mile presented by GNC Live Well.

Time	8:30 p.m.
Location	Market Square
Rain Location	City Works Eatery and Pourhouse

PRIZE PURSE

The 2018 GNC Live Well Liberty Mile offers \$30,000 in guaranteed prize money to runners in the American Development Pro Mile, Unstoppable Mile, Masters Mile and Steel City Road Runners members.

Cash prizes are based on gun time, not chip time, and will be awarded to the top finishers in the men's and women's fields for each heat.

AMERICAN DEVELOPMENT PRO MILE	UNSTOPPABLE	MASTERS (40 & OLDER)	STEEL CITY ROAD RUNNERS
1st \$5000	1st \$500	1st \$500	1st \$150
2nd \$3000	2nd \$300	2nd \$300	2nd \$100
3rd \$2000	3rd \$200	3rd \$200	3rd \$50
4th \$1000	4th \$100	4th \$100	
5th \$750	5th \$50	5th \$50	
6th \$500			
7th \$250			



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EVENT RECORDS

Men's event record: 3:59, set by Craig Miller in 2012 and Jordan McNamara in 2015.

Women's event record: 4:32, set by Heather Kampf in 2013 and Gabriele Grunewald in 2014.

PAST CHAMPIONS

MEN		WOMEN			
2012	Craig Miller	3:59	2012	Heather Kampf	4:36
2013	Macklin Chaffee	4:01	2013	Heather Kampf	4:32
2014	Jordan McNamara	4:03	2014	Gabriele Grunewald	4:33
2015	Jordan McNamara	3:59	2015	Heather Kampf	4:33
2016	Ben Blankenship	4:02	2016	Heather Kampf	4:33
2017	Ben Blankenship	4:05	2017	Emily Lipari	4:35

2017 TOP 10 FINISHERS

MEN

PLACE	ATHLETE	TIME
1	Ben Blankenship	4:05
2	Kyle Merber	4:06
3	Riley Masters	4:06
4	Jake Edwards	4:06
5	Daniel Herrera	4:07
6	Pat Casey	4:07
7	Colby Alexander	4:08
8	Eric Avila	4:10
9	Brannon Kidder	4:13
10	Chad Noelle	4:20

WOMEN

PLACE	ATHLETE	TIME
1	Emily Lipari	4:35
2	Lauren Johnson	4:36
3	Hannah Fields	4:36
4	Heather Kampf	4:39
5	Stephanie Brown	4:39
6	Stephanie Garcia	4:40
7	Rachel Schneider	4:41
8	Lianna Farber	4:45
9	Angel Piccirillo	4:49
10	Katrina Coogan	4:50

Visit: www.bringbackthemile.com/history for more top performances.



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ABOUT P3R

P3R is a nonprofit organization that is passionate about promoting the love of running and enhancing community access to health & fitness education and activities. Best known for organizing the acclaimed annual DSG Pittsburgh Marathon, we also manage a variety of other high-quality races, events, and health & fitness programs throughout the Pittsburgh region. While many of our races attract some of the nation's highest-profile professional athletes, we offer activities for all ages and ability levels. The only criterion for participation is a desire to be happy, healthy, and active!

OUR PROMISE

P3R is a nonprofit organization that is passionate about promoting the love of running and enhancing community access to health & fitness education and activities.

All who engage with P3R and its events can expect:

A Personal Challenge

Whether you're a seasoned athlete or just starting your fitness program, P3R provides the motivation you need to take it to the next level.

An Exceptional Experience

P3R is committed to making it fun, easy, and exciting to be healthy! When you attend or sponsor a P3R race, workshop, or other event, you will enjoy a top-quality experience from start to finish.

Health & Fitness Expertise

From eating right and training well to choosing the right gear, P3R's health & fitness experts stay on top of the latest knowledge to help you reach your performance goals.

Insider Access to an Incredible City

Runners and spectators alike can explore all that Pittsburgh has to offer through P3R's eclectic race courses, fun race-day events, and special offers for shopping, dining, entertainment, and lodging.

P3R's staff and events will:

- ★ Consistently serve the needs of our runners and our sponsors;
- ★ Engage and reward our volunteers;
- ★ Enhance the economic well-being of the Pittsburgh region;
- ★ Collaborate with public and private entities to create the best possible event experiences; and
- ★ Partner with appropriate charitable organizations to give back to the community.

OUR PROGRAMS

KIDS OF STEEL

Instilling lifelong, healthy habits in kids

Kids of STEEL is an award-winning physical activity and nutrition program designed to motivate children to pursue quality nutrition and an active lifestyle by incorporating exercise and healthy eating habits into their daily routine. Learn more at kidsofstream.org.

AMERICAN DEVELOPMENT PROGRAM

Supporting future Olympians

The American Development Program is an initiative designed to increase exposure and racing opportunities for emerging American professional runners. With initiatives to propel runners forward in their running careers to international standings and participation in world-renowned athletic events, Pittsburgh's American Development Program is committed to supporting promising American athletes in the running industry.



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