13-Year-Old Earns Top Finisher for New Quantico Crucible

Marine Corps Marathon Organization Hosts New Evening Event to Challenge Strength and Stamina

QUANTICO, VA (**April 20, 2021**) – It was a challenging run through the hills of Marine Corps Base Quantico for the 230 finishers in the inaugural Quantico Crucible on Saturday, April 17, 2021. Izrael Diaz, 13, from Springfield, VA, met the challenge earning the title top finisher in 27:24.

"I think it was really fun," said Diaz. "I liked the way it was set up with the challenges at the end to see if you still have energy to put in more after you're done running. I enjoyed it and would do it again indeed."

Catherine Miller, 54, from Spotsylvania, VA captured the female first place with a finish time of 31:53. "It was more than I expected. The course was much more up and down than I thought it was going to be, but it was really great. The Marine Corps Marathon Organization did a great job marking the course and the Marines on the field helped so much."

Inspired by the final challenge of recruit training for the United States Marine Corps known as the Crucible – an extended training exercise where recruits are broken down into squads before facing tasks that test their physical strength, skills and the values they learned throughout training – the Quantico Crucible required participants ages 10 and up to run the distance of a 5K while besting three on-course challenges and then complete multiple high-intensity fitness drills, with and without an 8-pound sandbag.

The field of participants included 59 Marines (active, retired, reserve and former) and runners from 21 states, as well as District of Columbia and Canada. The youngest runner, Olivia Davis, 11, from Woodbridge, VA secured the award for the female 10-19 age division with a time of 40:06. "It was pretty hard, but I liked it because I got to do it with my dad." The oldest participant was Linda Youell, 72, from Alberta, Canada with a finish time of 1:00:15. "This was an unbelievable test, but a really amazing experience. I am blessed that I have the physical and the fiscal ability to participate."

All participants received the official event shirt, collectible bib, a stunning finisher medal and the keepsake 8-pound sandbag featuring the official event logo inspired by the gold stripes on red flash as seen in the rank insignia worn on Marine uniforms.

Unofficial results are available at www.marinemarathon.com. Runners may continue their commitment to #RunWithTheMarines by participating in the Historic Half Weekend events in May and the Belleau Wood 8K or Crossroads Trail 15K in June. Additionally, all MCM Weekend event registrations are open including the virtual MCM, MCM50K and MCM10K.

For media information, please contact Jheanel Walters, Marine Corps Marathon Public Relations Coordinator at 703-987-3191 or <u>Jheanel.Walters@usmc-mccs.org</u>.

The Quantico Crucible 5K is part of the MCM Event Series hosted by the Marine Corps Marathon Organization. The MCM Event Series features a variety of distances and fun challenges on or near Marine Corps Base Quantico. No federal or Marine Corps endorsement is implied. Connect with the Marine Corps Marathon on <u>Facebook</u>, Twitter, Instagram, YouTube and Flickr. #RunWithTheMarines