



### Paul Low Named Athlete of the Month



BOSTON – **Paul Low**, of Amherst, MA, who competes for the Central Mass. Striders, has been named USA Track & Field New England’s Athlete of the Month for September 2004. Low was the 2<sup>nd</sup> American finisher, and 19<sup>th</sup> overall in a field of 154 runners at the 20<sup>th</sup> World Mountain Running Trophy race in Sauze d’Oulx, Italy on September 5. **Eric Blake**, who also runs for the Central Mass. Striders, was the 3<sup>rd</sup> American and 28<sup>th</sup> overall finisher. Low timed 53:06 and Blake 53:31 for the rugged world championship course, which measured 10.1k with a climb of 3300 feet.

Low, a 30 year old graduate student in geoscience at the University of Massachusetts, qualified for the world championship by winning the USATF National Mountain Running Championship at Mt. Washington, NH on June 19. According to Teva U.S. Mountain Running Team Leader, **Richard Bolt** of Manchester, NH, “Paul is a talented and hard working athlete who has improved his World Mountain Running Trophy performances while the sport of mountain running has become more competitive.” Bolt adds that, “like many fast road runners, Paul runs a lot of miles, but he also trains and races on difficult and technical trails to improve his off-road speed.”

At the CVS / Downtown 5K in Providence on September 12, a race that served as the USA Men’s Open Championship, the **Boston Athletic Association** (BAA) won the team competition. The BAA team was lead by Olympic Trials steeplechase finalist, **John Mortimer** of Chestnut Hill, MA who was the 8<sup>th</sup> American and 18<sup>th</sup> overall finisher in a field that included strong contingents from Kenya and Japan. Mortimer timed 14:24. Also scoring for the BAA were **Edward Baker** of Boston, who finished 32nd in 15:04, **Levi**

**Severson** of Belmont, MA, 42<sup>nd</sup> in 15:27, **Aaron Price** of Boston, 44<sup>th</sup> in 15:27, and Jason **Schlarb** of Belmont, MA who was 61<sup>st</sup> with a time of 15:59.

Masters division winners at the CVS / Downtown 5K included **Larry Olsen**, age 57 of Milford, MA who won the M50-59 age group with a time of 16:58, and **Colin McArdle**, age 60 of Brookline, MA who paced the M60-69 age group in 18:00.

Coming up in October is the Ollie Road Race / McCourt Classic 5 mile in South Boston on October 3. This is the sixth of seven races in the 2004 USATF-NE Road Racing Grand Prix Series, which will conclude with the Cape Cod Marathon on October 31.

Also coming up are the 4<sup>th</sup> annual B.A.A. Half Marathon on October 10, and the 28<sup>th</sup> annual Tufts Health Plan 10K for women on October 11, which will serve as the USATF National Women’s Championship for the distance.

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*USATF – New England provides opportunities for athletes of all ages to pursue excellence in long distance running, race walking, and track and field, from grassroots to the elite level.*

**Athlete of the Month**  
is a new program for USATF- New England and is designed to recognize outstanding performers at all levels of the sport. USATF-NE will name a new honoree each month and feature the athlete on the USATF-NE website.