



## Amy Rudolph named USATF-New England Athlete of the Month for January



Photo: Alison Wade, NYRRC

BOSTON – **Amy Rudolph** of Providence, RI, who competes for Adidas, has been named USA Track & Field – New England’s Athlete of the Month for January 2005. Rudolph, a 1995 graduate of Providence College and a member of the U.S. Olympic Team in 1996 and 2000, blazed to a record 21:17 for the four mile Emerald Nuts Midnight Run on January 1 in New York City. Rudolph finished 25 seconds ahead of runner-up Genet Gebrgiorgis of Ethiopia and bettered the old record by 38 seconds. Rudolph indicated that she entered the race with fiancée, **Mark Carroll** (USATF – New England Athlete of the Month for October 2004) because she had always wanted to go to New York City for New Year’s Eve and thought what better way to celebrate the new year than with a race. She expressed surprise at her strong showing because she didn’t think she was in “great shape” and had actually suffered stomach cramps earlier in the day.

On January 29, Rudolph finished 5th in the Boston Indoor Games 3000m easily earning a qualifying time for the USATF Indoor Championships which will take place at Boston’s Reggie Lewis Center, February 25-27. Asked about goals for the year, Rudolph stated that although she wants “to compete and run well indoors, I don’t want to back off too much on my training,” indicating that her main goal for the year is to make the U.S. team for the World Track & Field Championships in Helsinki, Finland in August. “It’s important that I train hard and compete well yet stay fresh, mentally and physically, for outdoor nationals,” said Rudolph. “There are so many good women runners, I can’t take anything for granted.”

In other outstanding performances **Mark Carroll** of Providence, RI, mentioned above, who competed for Ireland in the 2004 Olympics, ran a fast 7:46.60 in the 3000m at the Boston University Terrier Classic on January 28, beating U.S. Olympian Alan Webb who ran 7:47.19. **Said Ahmed**, a graduate of Boston English High School, currently competing for the University of Arkansas, ran a strong 4th in the 1000m at the Boston Indoor Games on January 29. His time of 2:21.36 was less than a half-second behind winner and American record holder, David Krummenacker.

**Chris Bryce**, of Waltham, MA, a 2000 graduate of Lehigh University, Showed continued improvement as a thrower, taking 3rd place in the 35 lb. weight throw at the Dartmouth Relays on January 9 with a toss of 63’7 ¾” and adding a victory at the Terrier Classic on January 29, with a throw of 61’2 ¾”. Finally, it should be noted that **Adam Nelson**, a 1997 graduate of Dartmouth College, and two-time Olympic silver medalist in the shot put, returned to New England with a bang at the Boston Indoor Games on January 29, winning the shot put with a world leading throw of 71’ 0 ¾”.

**Athlete of the Month** is a 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.

*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.*