

Heidi Westerling Named USATF – New England Athlete of the Month for October



Photo: Tim Schorer, Smugmug.com

marathon. She was quick to credit her coaches, Larry Sayers and Laurie Feit, for helping her plan and execute an ambitious fall racing season, in which she combined heavy training with frequent, high-quality racing.

Asked about goals, Westerling said she wanted to make at least the “B” qualifying standard of 2:47:00 for the U.S. Olympic Marathon Trials for the 2008 Beijing Olympics, but really aspired to make the “A” standard of 2:39:00 in a marathon. Her Cape Cod Marathon time was achieved before the official qualifying period that begins January 1, 2006. Most notably, when asked how good she thought she could get in the future, Westerling showed a champion’s mentality by declaring, “I never want to put limitations on anything” and indicating that her aspirations are very high.

At the 16th annual Mayor’s Cup cross country races at Boston’s Franklin Park on October 23, **Jarrod Shoemaker** of Sudbury, MA who runs for the BAA won the men’s 8K race in 24:23 in difficult, muddy conditions. Shoemaker, the reigning under-23 world champion in the triathlon, was subsequently named USA track & Field’s Athlete of the Week on October 25. On the women’s side, former Providence College star, **Kim Smith** of New Zealand, dominated the 5K race in 16:35.

BOSTON – **Heidi Westerling**, age 24 of Narragansett, RI has been named USA Track & Field – New England’s Athlete of the Month for October 2005. Westerling, who runs for the BAA, is a native of Acworth, NH and a 2004 graduate of the University of Rhode Island. On October 2, she won the Ollie 5 Mile Road Race in South Boston, which also served as the USATF – NE Grand Prix Championship event for that distance, running 27:42.

On October 30, Westerling ran her debut marathon at the Cape Cod Marathon, also a USATF – NE Grand Prix Championship event, and won in an impressive 2:46:37. Leading almost from the start, she reached the halfway mark in 1 hr. 23 min., thus running “even splits” - an unusual feat for a first-time marathoner. Asked about the race, Westerling indicated that she has been doing high mileage training of about one hundred miles a week, and had not tapered significantly before the

Athlete of the Month

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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-NE provides opportunities for athletes of all ages to pursue excellence in running, race walking, and track and field, from grassroots to the elite level.