

## David Sinclair Named USA Track & Field – New England Athlete of the Month for December



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**BOSTON – David Sinclair**, age 14 of Waitsfield, Vermont has been named USA Track & Field – New England's Athlete of the Month for December 2006. On December 9 in Spokane, Washington at the National Junior Olympic Cross Country Championships, Sinclair finished 2nd for a silver medal in the Youth Boys (13-14) race. This was the best individual finish for a New England athlete at the championships.

Sinclair, a freshman at the Green Mountain Valley School in Waitsfield, was competing in his third straight National JO Cross Country Champs. He had finished 11th and 31st the last two years and had set a goal of cracking the top ten this time. The 4000 meter championship course took place on grass paths that had been cleared through snow covered fields. Sinclair was in about 20th place early in the race, but soon caught the leaders and surged in front. He held the lead past the 3000 meter mark but then slipped and fell on an icy downhill segment and dropped to second place. He was able to maintain this position and finished in 13:15, fourteen seconds behind the winner from California.

Sinclair, a straight A student, is also an accomplished Nordic (cross country) skier, ranking among the best in the nation in his age group. He explained that his overall conditioning program is geared towards Nordic ski training

but that distance running is a major component of that program, enabling him to contend at a national level as a cross country runner. Sinclair is looking ahead to competing in the National Junior Olympics Nordic Skiing Championships later this winter. Looking towards the future, Sinclair said that he loves to run and ski and hopes to continue to compete at a high level in both sports.

Also at the National Junior Olympics Cross Country Champs in Spokane, two New England teams won medals as the **Nashua Police Athletic League** Bantam Girls (9-10) earned a bronze medal and the **Granite State Flash** struck gold with a win in the Midget Boys (11-12) race.

At the USA Fall National Cross Country Championships held in San Francisco on December 9, the **Boston Athletic Association's** women's team won the Women's 6K race, their third national club cross country title since 1998.

### 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.