

Seana Carmean named Athlete of the Month



Photo by Parker Morse

BOSTON – **Seana Carmean**, age 30, of Belchertown, MA, who runs for the Merrimack Valley Striders, has been named USA Track & Field – New England’s Athlete of the Month for October. On October 1, at the Apple Harvest Ramble 10 mile race in Harvard, MA, an event that served as the New England Championship for the distance, Carmean and her training partner, **Amy Nedeau**, also of Belchertown, ran neck and neck until the finish line neared. With 200 meters left, Nedeau, an experienced middle distance track racer, managed to sprint ahead and beat Carmean by three seconds in a time of 58:58.

Two weekends later, at the Hartford Marathon on October 14, Carmean and Nedeau again found themselves racing closely through much of the race. However, while Nedeau had to slow her pace due to a foot injury at 20 miles, Carmean stayed strong and finished as the 1st American woman and 4th overall in the women’s division. Her time of 2:45:23, just 18 seconds behind her personal best, qualified her for the U.S. Olympic Women’s Marathon Trials, which will be held in Boston on April 20, 2008.

Reflecting on her strong effort at Hartford and looking ahead to the 2008 Olympic Trials, Carmean noted that she had qualified for the Olympic Marathon Trials in 2004 but had been injured and unable to run. She stated that her goal is to stay healthy this time and run a great race and a personal best at the trials. She said that, in the past, she’s often taken “an all or nothing approach” in pursuing goals, but has learned to be more balanced. She noted that in addition to her athletic

training, she is pursuing a master’s degree in clinical social work at Smith College, is currently doing a social work internship at a hospice

service, and works long hours as a massage therapist. Her grueling schedule has forced her to be disciplined and efficient, and she believes that it has actually worked in her favor as a runner, by pushing her to focus on quality in her training.

Also excelling in October were a number of masters individuals and teams that won national titles in the USA 5K Masters Cross Country Championships in Saratoga Springs, NY on October 15. Placing first in their 5-year age division were **Tom Ryan** (Dirigo RC, M50), **Bill Borla** (PRMM, M65), March 2006 Athlete of the Month, **Mary Harada** (Liberty AC, F70) and August 2006 Athlete of the Month, **Bob Matteson** of Bennington, VT (NE65+, M90). Winning team titles in their 10-year age division were the **Dirigo Running Club** in the M40-49 group (**Todd Coffin, Mike Payson** and **Pete Bottomley**), **Greater Springfield Harriers** in the M60 group (**John Camelio, Paul Jensen** and **Tom Montemagni**), **Gate City Striders** in the M70 division (**Bill Spencer, George Bisson** and **Jack Kick**) and **Liberty Athletic Club** in the F60 group (**Mary Harada, Molly Johnson, and Liz Szalowski**).

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.