

Janelle Kraus Named USATF – New England Athlete of the Month



Alison Wade:Eliterunning.com

BOSTON – **Janelle Kraus**, age 29 of Pawtucket, R.I., who runs for the B.A.A., has been named USA Track & Field – New England’s Athlete of the Month for April 2007. On April 16, competing in the 111th BAA Boston Marathon, Kraus finished 13th among the women and was the 6th American in a race that served as the U.S. Women’s Marathon Championship. Kraus’ time of 2:41:24, about a minute behind her personal best, was achieved in stormy conditions with a stiff headwind that caused most elite runners to finish 7-10 minutes slower than usual.

Kraus is a high school history teacher and track coach at Mt. Saint Charles Academy in Woonsocket, R.I. After starring in cross-country and track at Wake Forest University, she moved to Rhode Island to earn an M.A. in history at Providence College and to get coaching from **Ray Treacy**. Under Treacy’s tutelage, she has made the marathon her primary focus over the past three years. She trained 70-80 miles a week leading up to Boston.

Asked about the race, Kraus talked of her emphasis on staying relaxed and finding a position that would allow her to run fast while conserving energy for the hills. Her tactics proved sound as she ran nearly even splits for the first and second half of the race and passed many competitors in the

closing miles. As a qualifier for the 2008 U.S. Olympic Marathon Trials, Kraus expressed excitement that the women’s trials race will be held in Boston next April. Her goal is to run in the 2:30s and be competitive.

Also at the Boston Marathon, the **Whirlaway Racing Team** won the men’s masters division for the 5th year in a row as the trio of **Jim Quadros, Ephraim Ezekiel** and **Mike Cooney** out dueled Fleet Feet Boulder. In the women’s open team race for the USA Championships, the **B.A.A. (Janelle Kraus, Kasie Enman, Brett Ely)** finished 2nd with the **Greater Boston TC (Megha Dosha, Emily Raymond, Lynn Johnson)** in 3rd place. In the men’s open team race, the **B.A.A.** finished second with **Pat Moulton, Terrance Shea** and **Brendan Prindiville** scoring.

Athlete of the Month
is a USATF- New England
program 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.