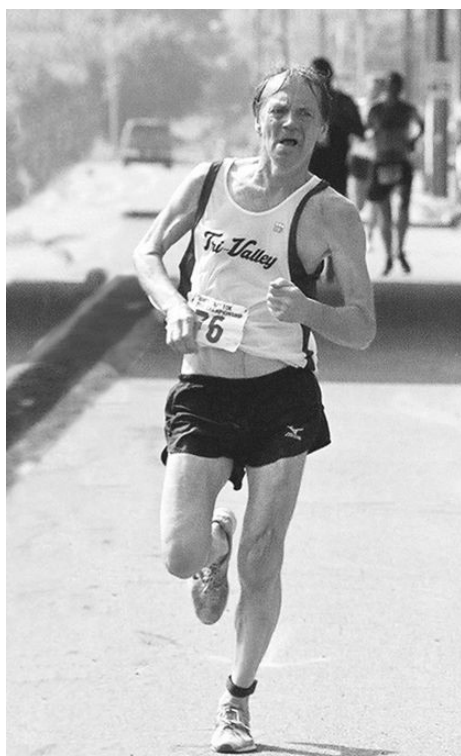


## Larry Olsen Named USATF – New England Athlete of the Month for May



*Photo: Bob Fitzgerald*

BOSTON – Larry Olsen, age 60 of Milford, MA, who runs for the Tri-Valley Front Runners, has been named USA Track & Field – New England's Athlete of the Month for May 2007. On May 19, at the Bedford (NH) Rotary 12K road race, Olsen set an M60-64 American age-group record of 43:30 eclipsing the former mark by 13 seconds. The Bedford Rotary 12K was the 4th of 7 races in USATF-NE's 2007 Road Racing Grand Prix Series and so far Olsen has won his age division handily in each race. His triumphs have included a 17:40 finishing time on May 6 at the Westford (MA) 5K, and a 35:59 clocking for the Groton (MA) 10K on April 26 – his fastest time for the distance in two years.

Asked about his performance in the Bedford 12K, Olsen indicated that he was aiming for the American record from the outset, and knew that he would have to average under 5:50 per mile. He said his adrenaline was high as he flew through the first mile in 5:25. Although he was concerned he had gone out too fast, he was subsequently able to settle down and run within himself. Nonetheless, he didn't get split times late in the race and thought he had fallen off record pace. However, with 100 yards left he was excited to see the finishing clock at 43:15, and kicked hard to the finish.

Olsen has been a top road racer for many years and has been able to excel at distances ranging from 5K to the marathon. In recent months, he has averaged more than 60 miles per week in training. He has also been doing one speed workout on the track

each week, running fast repeats of 200, 400 and 800 meters.

Asked for his perspective on training and racing at age 60, Olsen was thoughtful and reflective. "I'm curious as to the limits of the body at this age," he said. "I'm interested in getting the maximum potential for my age and slowing the rate of decline as much as possible."

Chasing records is also an important part of his motivation. This year he is aiming at the American age-group record of 17:00 for 5K, and the American mark of 28:07 for 5 miles / 8K that he hopes to challenge at the Ollie Road Race in September. Mindful that the American record for 5000 meters on the track is 17:19, Olsen may look for an opportunity – such as the U.S. Masters Track & Field Championships at Orono, Maine this August – to go after that mark as well.

Also excelling in May was **Paul Low** of Amherst, MA who runs for the Central Mass. Striders. On May 26, Low, who was named USATF-NE Athlete of the Month in September 2004, won the 15<sup>th</sup> annual Mt. Wachussetts race, his fifth win in five tries at this event. Low is a two-time winner of the USATF-NE Mountain Running Circuit and has represented the U.S. at the World Mountain Running Trophy Championships.

**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.**