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NEWS

Kasie Enman Named USA Track & Field – New England Athlete of the Month for April



Photo: Victah Sailer / PhotoRun.net

BOSTON – **Kasie Enman**, age 28 of Huntington, VT, who competes for the Boston Athletic Association (BAA), has been named USA Track & Field – New England’s Athlete of the Month for April 2008. On April 20, at the U.S. Olympic Women’s Marathon Trials held in Boston, Enman was the first New Englander, finishing 11th in a personal best of 2:37:14.

Kasie qualified for the Olympic Trials with a 2:44:07 at the 2006 Grandma’s Marathon in Minnesota, the 68th fastest qualifying time. However, based on her rigorous training over the past year, Enman, with guidance from her coach, **Jeff Staab**, set a goal of running 6 minute per mile pace (2:37) in the trials.

Accordingly, she went out at her goal pace and managed to cruise through mile after mile almost exactly on pace. With many runners going out hard in the early miles, Enman found herself moving up progressively throughout the race. At six miles, she was in about 45th place and had moved up to 24th place at the half-marathon and 17th place at 20 miles. Kasie continued to pick off competitors all the way to the finish. With her 11th place finish, Kasie earned \$6,000 in prize money.

Asked about her breakthrough race, Enman talked of maintaining her focus on form and efficiency, and not letting her excitement about the race push her into an overly fast pace. She marveled at her ability to stay strong in the closing miles and contrasted that with “the slower end miles” she had experienced in previous marathons. Coach Staab added that he, and the BAA overall, were proud of the progress that Kasie has made in the several years since she first contemplated moving to the marathon. He noted that it was particularly exciting that the breakthrough race they were hoping for came in such an important event.

Enman is a 2001 graduate of Middlebury College where she was a NCAA Division III cross country All-American. She is married and teaches 3rd-4th grade at a local elementary school. She also coaches cross country and track at a nearby high school. In 2002, the 10K National Snowshoe Championships were held in Vermont and, though she had only dabbled in snowshoeing, Kasie showed her aerobic strength by winning the women’s national title.

Looking to the future, Enman believes she still has “room for improvement” in the marathon and talks of working on her speed. More immediately, she plans to run the Mt. Washington Road Race on June 21, which is serving as the 2008 U.S. Mountain Running Championships and the qualifying race for the 2008 World Mountain Running Trophy champs in Switzerland. Last year she was 4th at Mount Washington.

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