

Laura Barre Named USATF – New England Athlete of the Month for March



Galerie Photo de Marinov

BOSTON – **Laura Barre**, age 38 of West Lebanon, NH, has been named USA Track & Field – New England’s Athlete of the Month for March 2008. Barre, (pronounced Bar-RAY), a member of the Mass Velocity Track Club, represented the U.S. at the 3rd World Masters Athletics (WMA) Indoor Championships held in Clermont-Ferrand, France, March 17-22. Competing in four events in the W35-39 age group, Barre won two gold medals, a silver and a bronze.

Barre entered the 60m dash primarily as a warm-up for her specialty events, the long jump and 60m hurdles. However, she surprised herself by running a personal best in the trials and advancing to the final. In the final, she was out fast and in third position. A French runner closed on her, but Barre won the bronze medal in a photo finish with a perfectly timed dip. It took nearly a half hour before the officials confirmed that Laura had indeed finished third.

In the long jump, her favorite event, Laura took 2nd place with a leap of 5.43m (17’ 9 ¾”). The 60m hurdles were next, and in the final, Barre false started for the first time in her life. Dismayed, she knew that she would have to hold back on the next gun, but was determined to run hard for a medal. Going over the fourth of five hurdles, Barre could see no one in her periphery.

Finishing in first place, Laura said that it was “an amazing moment” that was both exhilarating and pleasantly shocking, especially after her false start.

On the meet’s final day, Laura ran a strong third leg in the W35 4 x 200m relay, moving the U.S. team from 3rd to 1st place, as the team outran the U.K. and France for a gold medal.

Barre has a B.S. from Cornell and an M.D. from Dartmouth College. She works as a health policy researcher, analyzing health care decision-making in the elderly. She is also an instructor in anatomy at Dartmouth Medical School. Married and with two children – a 10 year old son and a 4 year old daughter – Laura also finds time to be an assistant track coach at Lebanon (NH) High School. She credits family support for allowing her to undertake such a full and busy schedule.

Asked to reflect on her first international competition, Laura focused on the friendship and strong mutual support that flourished among the U.S. team members. She cited that support as a confidence-booster that helped propel her to exceed expectations. She also credited Dartmouth track coach, **Carl Wallin**, for much of her technical improvement in the hurdles.

USATF – New England’s mission is to continue its leadership role as one of the outstanding associations of the national governing body in Athletics.