

Craig Fram Named USATF – New England’s Athlete of the Month for June



Photo: Whirlaway Sports

BOSTON – **Craig Fram**, age 50 of Plaistow, NH, who competes for the Whirlaway Racing Team, has been named USA Track & Field – New England’s Athlete of the Month for June 2009. On June 7, at the Rhody 5K in Lincoln, RI, Fram won the men's 50-59 division in a fast 16:05. The Rhody 5K was the fourth of seven races in the USATF-New England 2009 Road Racing Grand Prix Series. On June 20, at the 49th annual Mt. Washington Road Race, Fram ran a superb 1:06:58 to win the M50-59 division and set an age group record by more than 4 minutes. Overall, he finished 11th in a field of 917 finishers.

Fram, who has been racing at a high level since the 1970s, has gotten comparatively better as he has grown older. He has also shown remarkable versatility. This past March, he won the U.S. Masters Indoor championships M50 mile and 3000 meter titles, and was ranked first in the nation in both events.

Craig trains 70-85 miles a week but says that he takes breaks when he starts to feel “stale.” In fact, he sees these breaks as a key to his smarter and more selective approach to training and racing as he’s gotten older. He says that until his mid-forties he could train and race as hard as he wanted, but since then has found it important to listen to his body and manage himself accordingly. During training

periods, his emphasis is on three high quality workouts each week. He identifies these as; 1) one really good long run, 2) a speed workout on the track, and 3) a hill workout with pickups.

Asked about his performance at the Rhody 5K, Fram said that he was really pleased with the race, noting that he had not run especially well at the 5K distance over the last couple of years. Regarding the Mt. Washington Road Race, Craig said this was a major goal for 2009, that he wanted to break the age group record and lower it as much as he could. He describes the event as “the ultimate mountain race – as tough as any event out there,” and noted that you have to be mentally as well as physically prepared to run the race. In this year’s race he went out a little more conservatively than in the past, then started to pick up the pace and pass people a little before the halfway. He worked up to as high as 8th place before settling back to 11th at the finish and a new age group record.

Looking ahead, Craig wants to finish off running and winning his age group in the USATF-New England Road Racing Grand Prix. Showing that his focus and motivation are as strong as ever, he’s also hoping to go after the American M50 5K road record of 15:37 - possibly at the CVS 5K in September. He is also thinking about trying to break the M50-54 3000m record (currently 8:54) during the next indoor season.