

Andrew Springer Named USATF – New England’s Athlete of the Month for March



Photo: PhotoRun.net

BOSTON – **Andrew Springer**, age 18 of Westerly, RI, a senior at Westerly High School has been named USA Track & Field – New England’s Athlete of the Month for March 2009. On March 15 at the Nike National Indoor Nationals held at the Reggie Lewis track in Boston, Springer won the mile in 4:08.47, the fastest scholastic time in the U.S. this year. Just 1 hour and 20 minutes later, Andrew also finished 5th in the two mile, with a time of 9:06.25.

This completed a superb indoor season for Springer. On January 17, he won the high school mile at the Yale Invitational in 4:10.61, after running a 4:10 split the night before on the 1600 meter leg of his school's distance medley relay. On February 7, at the Reebok Boston Indoor Games, Springer faced off against the nation's best high school milers. He moved boldly into the lead at the halfway mark and stayed in front into the final homestretch. Although he pulled away from Tom McGregor of Hoover, Alabama, with less than 10 meters to go, Mac Fleet of San Diego sprinted past him from the outside beating Springer's time of 4:09.16 by one tenth of a second.

At the Nike Indoor Nationals, Springer wanted to make sure that he wasn't outkicked. He took the lead with 500 meters to go and ran as hard as he could to the finish. The top three placers at the Reebok meet came in 1-2-3 again with McGregor and Fleet following Springer to the line. Springer's 4:08.16 also set a new Rhode Island state indoor record and ranks in the top 20 all-time indoor marks in the U.S.

Springer has improved steadily through high school. In the 2008 outdoor season, he finished 3rd in the New England championships with a 4:13 mile and set RI state outdoor records in the 1500m, two mile and 5000m. Last fall, he achieved a breakthrough to national attention. Competing in his first season of cross country, Springer won the prestigious Brown Invitational, against the top cross country runners in the Northeast. His time for the 5k course was the 2nd fastest in the 26 year history of the event.

Andrew will attend Georgetown University in the fall. Although unsure of a major at this point, he describes himself as a "math / science guy". As for running he believes that Georgetown is the right program to foster his continued improvement. Currently he averages 50 miles a week in training, including long interval speed training. He says that people have told him that he may do better in college by moving up in distance to the 5,000m, but for now remains focused on the mile. He hopes to run a mile in under 4:05 during the coming outdoor season.

Both his coach and his father have pointed out Andrew's considerable mental strengths – his poise and confidence in competition, his ability to follow a plan, but also to move boldly when the situation calls for it. With both the physical and mental talents he brings to his sport, it is not surprising – or unrealistic – that one of Andrew Springer's goals for the future is to make the U.S. Olympic team.