

Allison McCabe Named USA Track & Field New England Athlete of the Month for February



Photo: Tom Dederian

BOSTON – **Allison McCabe**, age 28 of Cambridge, MA, who runs for the Greater Boston Track Club (GBTC), has been named USA Track & Field – New England’s Athlete of the Month for February 2010. On February 21, at the USATF – New England Indoor Championships at Harvard’s Gordon Track, McCabe won the women’s 1500 meters with a personal best of 4:29.44. This qualified her for the U.S. Indoor Track & Field Championships held in Albuquerque, NM, the last weekend in February.

Earlier, on February 14, Allison ran a personal best and club record 2:55.65 for the 1000 meters at the Boston University Valentine Invitational, placing 5th in the race. The day before she had anchored the GBTC in the Distance Medley Relay with a strong 4:56 for her 1600 meter leg.

At the New England Champs, both the 1500 and mile were contested for women. The 1500 was added to give competitors a final chance to qualify for nationals. Allison was initially unsure which event to enter, but decided to take on the challenge. Two runners from Central Park TC set the pace and Allison followed. She notes that she

often slows her pace in the middle of races, but this time she maintained her tempo. With 150 meters left, she blew past the leaders with a decisive sprint that she carried all the way to the finish. Her last lap was a shockingly fast 30 seconds, and her margin of victory was more than 5 seconds.

McCabe attributes her recent improvement to a change in training, focusing on long endurance runs deep into the indoor season. On the roads, she often trained with the GBTC men’s team and overall found herself running faster and with more variations in pace than previously.

Allison grew up in Reading, MA where she ran track and cross country for Reading High School. She attended the University of Connecticut, where she walked on to the track team. She improved steadily through college and eventually took a second place in the 1000 meters at the New England collegiate championships as a senior. Allison, who majored in early childhood education, moved to New York City where she ran for the Central Park Track Club. She moved back to Massachusetts to find a job in her field. Currently, she teaches first grade in the Revere Public Schools.

Asked about her goals, Allison talks both about concentrating on the 800 and the 1500 for the outdoor season. She hopes to run mid 4:20s for the 1500 outdoors and looks forward to representing GBTC at the USATF Club National Championships. Longer term she wants “to open up my range” by running the 5000 and 10,000 on the track.