

Gina Lucrezi Named USATF-New England Athlete of the Month for July



Photo: Jim Johnson

BOSTON – **Gina Lucrezi**, age 27, of Medway, MA, has been named USA Track & Field – New England’s Athlete of the Month for July 2010. On July 4, Gina won the 5.7 mile Loon Mountain Race in Lincoln, NH, winning by 2:26 over the second place finisher. The following Sunday, July 11, Gina won the 3.8 mile Ascutney Mountain Challenge in Windsor, VT, climbing 2300 feet over an average 12 % grade to finish in 37:18, the 5th fastest time ever for a woman on this course. These wins on the 5th and 6th races of the 2010 USATF New England Mountain Circuit gave Gina a clean sweep of all six races on the mountain circuit.

At the end of the month, Gina took on a different challenge - the USA 15 km Trail Championships in Spokane, WA. The course began with a big hill and continued over two loops. Lucrezi moved from 4th to 3rd place after the first loop. She soon caught up to Nicole Hunt, past member of the U.S. Mountain Running Team, and suggested that they work together to try to reel in the leader, Julia Lucas, of the Oregon TC Elite. Hunt soon fell off the pace. Lucrezi kept Lucas in sight and closed well, finishing 2nd in 1:00:40.

Gina grew up in Bangor, PA in the Pocono Mountains.

Her best event in high school was the mile and this remained the case at DeSales University in Center, PA, where she made DIII All-American 10 times and won a national indoor championship in the 1500m. Her best 1500 time in college was 4:32. She earned a master's degree in sports administration / marketing at East Stroudsburg (PA) University. In completing her program, Gina did an internship in Colorado, where she was introduced to mountain running and fell in love with the sport.

Moving to Massachusetts for a marketing job with Inov-8, a manufacturer of technical running shoes for off road, trail, fell, adventure racing, and orienteering, Gina was pleased to discover the USATF-NE Mountain Running Circuit, with its competitive challenges and its strong camaraderie. She praises the New England group “for welcoming me and helping me out.”

Gina is focused on being able to train harder and more consistently. She notes that a knee injury, early in 2010, limited her training and forced her to a creative combination of cross training that included swimming, uphill running and treadmill training. This makes her sweep of all six mountain circuit events even more impressive. For the future, she is highly motivated to make one or more U.S. national teams for international competition; stating “I want to represent my country.”