

Molly Huddle Named USATF-New England Athlete of the Month for September



Photo: Providence Journal

BOSTON – **Molly Huddle**, age 26, of Providence, RI, has been named USA Track & Field – New England’s Athlete of the Month for September 2010. On September 19, at the USA 5K Road Race Championships held at the CVS/Downtown 5K in Providence, Molly, who runs for Saucony, blew away from the field, running 15:47 for an 11 second win. This was the latest in a long string of national road titles for Huddle, who actually spent most of the summer racing on the track in Europe, where she competed at distances ranging from 1500 to 10,000 meters.

Her last track race was on September 6, and, after the long, grueling track season, Molly wasn’t sure how ready she was to make the transition to road racing. She noted that the sharp, uphill finish added extra challenge to the CVS/Downtown race course. But, at the end of the day, Huddle proved herself more than ready for the course and the competition.

Molly is from Elmira, NY, and had an illustrious career at the University of Notre Dame. She trains in Providence with famed distance coach, **Ray Treacy**, and a strong group of national and world class woman’s runners. She notes that Coach Treacy uses a 12 day workout cycle, and that in addition to running 75-85 miles a week at the height of her training, Treacy “is big on 600s and 400s,” which she does regularly for speed work.

On October 11, Molly accomplished a “threepeat” as she won the Tufts 10K in Boston for the third year in a row. The race served as the USA 10K Road Race Championships.

Noted for her finishing speed, Molly moved past Kenyan, Genoveva Kigen, in the last 400 meters, and sprinted to a 4 second victory, finishing in 32:07.

Molly’s mental approach to competition is modest on the surface, but intense underneath. She describes herself as “not exactly outwardly confident,” saying that she “never makes big predictions.” However once the race is underway, she says she is “my own best cheerleader” and is “internally driven” to do her very best.

Her goals for the next year are ambitious. In February 2010, she wants to qualify at the USA Cross Country Championships for the following month’s IAAF World Cross Country Championships in Spain. During the outdoor season, she hopes to make the US team for the 2010 IAAF World Track & Field Championships in South Korea. Her longer term goal is to make the U.S. Olympic Team in the 10,000 meters for the 2012 London Olympics.