

Jan Holmquist Named USATF-New England Athlete of the Month for May



Photo: Unknown

BOSTON – **Jan Holmquist**, age 67 of Burlington, MA, who runs for Liberty AC, has been named USA Track & Field – New England’s Athlete of the Month for May 2011. On May 22, at the Evan’s Run 10K in Norwell, MA, she ran 46:05.5, placing 24th among females and 89th overall in a field of 383 finishers. Earlier in the month, on May 8, Jan had run the Mother’s Day Melrose Run for Women. Although the race is believed to be less than the listed 3.5 miles, the strength of her 24:33 performance is indicated by her 16th place finish among more than 1000 starters.

Both Jan’s competitiveness and love of camaraderie are evident when she describes these races. For example, in response to this reporter’s praise of her time at the Evan’s Run, Jan replied that she was actually disappointed because she “wanted to come in under 46.” On the other hand, she notes that the Mother’s Day race was special because, for the second year in a row, she ran the race with her daughter, Kara. Her three year old granddaughter was at the race as well.

Holmquist grew up in southern California, and has lived in Massachusetts since 1968. Like other women in the pre Title IX era, she had little opportunity to participate in sports during her school years. At age 38 she started running for fitness. About 10 years later, her daughter suggested that she enter a road race, the Hal Gabriel 5

miler. She came home with a big trophy and hasn’t stopped since.

Highlights of her running career include two USATF Masters Runner of the Year age division awards. In 2004, she was co-winner of the W60 division with USATF Masters Hall of Famer, Shirley Matson, and in 2006 she won the W60 division outright. Despite these national honors, Jan describes with equal pride her chance to run in the Olympic Torch Relay for the 2002 Salt Lake City Winter Olympics.

Holmquist works as an administrator for the Massachusetts Society for the Prevention of Cruelty to Animals (MSPCA). She has a BA in nutrition/dietetics, adheres to a vegetarian diet, and does a lot of cycling and yoga, all of which she sees as contributing to her continued high level of athletic success. She runs 30-35 miles per week and does weekly track workouts with her Liberty AC teammates. She speaks highly of her membership in Liberty and also of her role as a board member for the New England 65+ Runners Club, citing the importance of commitment and camaraderie with fellow masters runners.