

## Tim Ritchie Named USATF-New England Athlete of the Month for November 2011



*Photo: Scott Mason*

BOSTON – Tim Ritchie, age 24 of Brighton, MA, who runs for the B.A.A., has been named USA Track & Field – New England’s Athlete of the Month for November 2011. On November 6, Ritchie won his second straight New England Cross Country Championship on the Franklin Park course, running a fast 30:25 and leading the B.A.A. to a decisive team win (20-44) over New Balance Boston. In October, Ritchie placed 1st American and 7th overall in the 11th B.A.A. Half Marathon finishing in 1:05:29. Later in November, Tim was named USATF-New England “Runner of the Year” at the association’s first award banquet.

Ritchie grew up in Worcester and ran for Doherty Memorial High School where he was a three-time league champion and a Massachusetts All-State selection in both cross country and track as a junior and senior. His highest individual placements were 4th in the state cross-country championships and 4th in the two-mile at the Mass. All-States Indoor Championships.

Moving on to Boston College, where he graduated in 2009, Tim became one of the best distance runners in BC history. He won multiple All-ACC honors and his best times included 4:05.47 for the indoor mile and

3:45.80 outdoors for the 1500m (3rd fastest in BC history) and 14:02.59 outdoors for the 5000m (2nd fastest in BC history). He also captained the cross country teams from 2007-2008.

Ritchie earned an M.A. in Theology from B.C. in 2010 and is in his second year as an assistant coach with the school’s cross country and track & field teams. Tim enjoys and is inspired by the great running history of the Boston area and notes that when he looks out his window in Brighton, there is a constant flow of runners. He does much of his training on the Boston Marathon course, especially on a loop that BC runners call the “Firehouse.” This is a double-back course between mile markers 17 and 22 that goes from the BC campus down to the bottom of what people commonly call “Firehouse Hill” on Commonwealth Ave. in Newton. As Tim says on the B.A.A. website, “champions are born and raised on the ‘Firehouse,’ so I make sure to get my weekly dosage.”

In January 2012, Ritchie went to the Terrier Invitational at Boston University, focused on preparing his Boston College distance runners for the 5000m. He then planned to put on his B.A.A. singlet and race in both the mile and the 3000m. Incredibly he lowered his personal best by 7 seconds, as he sprinted from 6th place to 2nd over the last 400 meters and ran 3:58.49, in a race where the top four runners went under the four minute mark. Ritchie’s major goal for 2012 is to qualify for the U.S. Olympic Team Trials in the 10,000 meters.

*USATF – New England’s mission is to continue its leadership role as one of the outstanding associations of the national governing body in Athletics.*

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